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THE PHILIPPINE STAR
TRUTH SHALL PREVAIL
VOL. XXXVII NO. 25 – SUNDAY, APRIL 29, 2012 – 112 SECTIONS 14 PAGES PLUS 2 SUPPLEMENTS

QC shootout leaves 5 dead

By DEREK HADJA

Three robbers and a policeman were among five people killed during a shootout where suspected robbers took hostage passengers of two jeepneys and bloke night in Quezon City.

Police Officer 3 Dionisio Marcelo Hipolito, 38, and jeepney driver Rando Dac, 49, died in the encounter at past 7 p.m. in Barangay North Fairview.

NPD Asstvesio Colarmon said they have yet to identify the slain robbers.

Police found in the possession of the suspects two .38 caliber revolvers that they used in the twin jeepney robberies.

Turn to Page 11

Pirates strike near Tubbataha

By EVELYN MACAIRAN

An abandoned Malaysian barge loaded with electrical and construction materials and believed to have been raided by pirates was found drifting near the Tubbataha Reef in Palawan, the Philippine Coast Guard (PCG) reported yesterday.

PCG Palawan deputy commander Capt. Pedrito Eder said Flotsa 152 was found adrift while Flotsa 62 the tug boat towing the barge remains missing.

"The Malaysian Maritime Enforcement Agency told us that the last communication they had with the highseat marine was last April 16," Eder said.

Turn to Page 11

'We won't be provoked'

China ship 'bullies' Phl vessels

By AURRA TALICA
DAVINA LEE-BRIGO

Malacañang yesterday maintained the Philippines would stand its ground and not be provoked by the Chinese military's posturing in the West Philippine Sea.

Deputy presidential spokesperson Abigail Valte said the country would come up with a united and strong stand to defend its claims before international forums.

Valte also said there was no talks for the permanent presence of US troops in the Philippines amid the West Philippine Sea row particularly in the island of Panatag (Scarborough Shoal) off Zambales.

Critics accused Aquino have vowed to "build their democracy to safeguard their territory in the West Philippine Sea (South China Sea) and their sound collaborate deeply with armed governing bodies, including military, maritime and air, and maritime law enforcement, to jointly ensure the country's maritime rights and interests.

Vice Chinese vessel were reported to have retired at the Scarborough Shoal by a Philippine vessels.

The developed is the Department of Foreign Affairs (DFA) and Armed Forces of the Philippines (AFP) have been issued yesterday expressed further incident of "bullying" by Chinese vessels in the area.

Coast Guard Commander Vice admiral Edmund Tan said a Oriental Peninsular Law Enforcement Command (PLEC) on naval blockade ships off two Coast Guard vessels during



Ghadi, a six-year-old Asian elephant, seems shy by giving himself a shower using his trunk at the Manila Zoo yesterday. Temperatures in Metro Manila continue to rise, reaching 35.4°C the other day.

Turn to Page 18

Water in major dams drops below normal level

By HELEN FLORES

The water levels at major dams in Luzon have dropped below normal levels due to extreme heat and lack of rain, even as weather officials warned of further days until mid-May.

Philippine atmospheric, Geophysical and Astronomical Services Administration (PAGASA) administrator Nathaniel Servando said while water levels are "below normal," they are not yet deemed critical.

"So far all dam levels are above rule curve (average) water levels except Pantabangan dam in Nueva Ecija. But Pantabangan has biggest capacity," Servando said.

PAGASA's monitoring of major dams in Luzon had included the following water levels: Angat (85.49 meters), 4.51 meters below the high water level of (90 meters); giv 99.58 meters, 4.42 meters below the 180.00 meter high level); La Mesa (79.65 meters, 8.58 meter below the 80.23-meter high level; Ambuklao (749.16 meters, 3.96 meter below the 751-meter high level; Binga (574.87 meters, 5.13 meter below the 575-meter high level.

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Inside Track

Gov't execs, workers reminded of SALN deadline

• The latest reminder reminded government officials and employees that late statement of assets, liabilities and net worth must be filed not later than tomorrow or they face possible suspension. Story on Page 4.



Isuzu members Isuzu Philippines group's management committee (from left) Tomoyuki Kikuchi, president; Shinkuo Lin, chairman; Kouji Hagiwara, executive vice president; Jose Ma. Delgado, president; and the six new Isuzu Kizuna during the launch of the luxury sedan.

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DFA chief to seek US 'reaffirmation'

At China continued to display its aggressive stance in Panatag (Scarborough Shoal), Foreign Affairs Secretary Albert del Rosario said yesterday he would seek "reaffirmation" from the United States on its commitment to come to the country's aid if there are land and the Philippines' sovereignty is threatened.

"No, we just ended last week but that will keep on. That commitment under the Mutual Defense Treaty (MDT). So, I will seek a reaffirmation," Del Rosario told The STAR before leaving for the US yesterday morning to participate in the 2+2 Dialogue.

The Department of Foreign Affairs (DFA) also revealed yesterday the report from Code Guard Commander Vice Admiral Edmund Tan regarding the "bullying" incidents that happened between a Chinese fishery vessel and two Coast Guard search and rescue vessel near the

Turn to Page 14

UCPB continues to prove critics wrong

When the Supreme Court (SC) affirmed last Jan. 24 the Sandiganbayan's decision awarding to the government 14 percent of San Miguel Corp. (SMC) shares that were bought with coconut levy funds, the information was nearly academic. The government is not the direct owner of the shares but the beneficiaries of the coconut industry.

According to the decision, the Coconut Industry Investment Fund (CIIF) corporation, their 14 holding firms, and 911 million SMC shares were "declared owned by the government's beneficiary for the benefit of all coconut farmers and to the development of the coconut industry and related to or owned by the government."

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Jaime Zobel, who was born without fingers, participates in an on-the-spot painting contest in Makati. Behind...

Fingerless painter inspires other artists

By ERIC BALAO

MALOLOS CITY – Jaime Zobel de Ayala was an inspiration for other visual artists who joined yesterday's on-the-spot painting contest sponsored by the Chronicle of Malolos.

Like other visual artists, 84-year-old Zobel de Ayala used his toes in painting his colors and his strokes are varied and calculated.

But unlike other painters, Zobel de Ayala was born without fingers and holds his paintbrush with both hands.

"I prefer to compare it

Turn to Page 11

Luisita lawyer meets with farmer-beneficiaries

Palace dismisses

Palace mum



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Kidapawan

From Page 1

The two geothermal plants built into operation ago by the Philippine National Oil Co. and operated by the EDC, are in Bulalayan Barangay at the foot of Mt. Apo.

The first geothermal plant generates at least 20 megawatts of electricity daily, according to local officials.

The spokesman of Cotabato Electric Cooperative (Cotelco), Tomato Bagasao, said North Cotabato has a daily power requirement of 72 to 76 megawatts.







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Gov't execs, workers reminded of SALN deadline

By MICHAEL FERNANDEZ

Ombudsman Conchita Carpio-Morales reminded government officials and employees yesterday to file their statements of assets, liabilities and net worth (SALN) on or before the deadline tomorrow.

"It is high time that we uphold the paramount duty of our public officials to submit their SALN and to accomplish it fully and completely, dealing with the requirement in the law," Morales said.

Section 17 of Article XI of the 1987 Constitution requires "public officials and employees to file upon assumption of office and as often thereafter as may be required by law."

Republic Act 6713 or the Code of Conduct and Ethical Standards for Public Officials and Employees and RA 3019 or the Anti-Graft and Corrupt Practices Act and SALN Guide further mandate all government officials to submit their SALN annually on or before April 30 of every year thereafter.

The Office of the Ombudsman has issued administrative orders and memorandum circulars to remind government officials and employees of their obligation to file their SALN.

Morales warned that government officials and employees who violated the June SALN will be subjected to investigation.

Based on the latest announcement by the Civil Service Commission (CSC), a total of 1,400 government officials and employees have violated the June SALN and will be subjected to investigation.

Morales said the CSC announced the names of the CSC government officials and employees who violated the June SALN from 2002 to 2010.

Cases of suspension, removal and those who received a temporary capacity are compiled from the 17 regional offices of the CSC under Republic Act No. 6713.

Binay denounces demolition job against him

By JOSE ROMEL ELAPANO

In a statement Binay said the leak of his confidential communications to the media is part of the "demolition job" against him.

"It is part of the campaign of character assassination against me and a calculated attempt to destroy the good personal and professional relationship between Vice President Jejomar Binay and President Benigno Aquino," said.

Binay said certain unprincipled and corrupt media men conspired and colluded to malign and destroy his name.

Binay's spokesperson Joey Salgado said some people feel threatened about the Vice President's good relationship with the President.

Binay and Aquino never saw eye-to-eye since the start of the campaign period last year.

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Public urged to support AFP in winning peace vs insurgents

By STANLEY MISTIL STAFF

The Armed Forces of the Philippines (AFP) urged the public to support the military in winning the peace against insurgents.

AFP Chief of Staff Gen. Jessie Dellosa said the conducting a massive media campaign to win the support of the people in the country's decades-long armed conflict with communist rebels.

"We cannot and we should not be alone in this journey. We cannot and should not go on combat operations without the support of the people," Dellosa said.

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Dellosa wants involvement of reservists

By ANNA LIZA

Armed Forces of the Philippines (AFP) chief Gen. Victor Dellosa has ordered the review of the AFP Reserve Force Development Program to ensure that the reservists are fully trained and properly equipped.

Dellosa also instructed the AFP Reserve Command to give priority to the development of the reservists as territorial forces for internal peace and security, shifting from the conventional-based backbone of the military's force responsibility in the event of calamities and natural disasters.

The AFP chief asked the country to start shaking its mass-based internal security operations to territorial defense in order to utilize the gains achieved from internal security operations.

"With the improved peace and order situation, we can be assured that our countrymen are not in danger to have problems or mass losses in property once," Dellosa said.

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Yabes is new DFA usec for migrants, workers' affairs

By MIKA CELA

President Aquino has appointed Philippine Ambassador to Pakistan Imee Gatbonton Yabes as undersecretary for migrant and workers' affairs effective July 16, replacing Esteban Conejos Jr. who resigned prematurely to campaign for the 2013 Senatorial elections.

Deputy presidential spokesperson Abigail Valte said Yabes' vast experience in the Office of Legal Affairs before her posting to Pakistan.

She was also assistant secretary of the Office of Middle East and African Affairs (OMEAA), Philippine consul general in Hong Kong and Philippine ambassador to Kuwait (2002 to 2005), deputy chief of mission in Jakarta and consul general in Penang, Malaysia (1998 to 2002), among others.

She has degrees in economics, public administration and law from the University of the Philippines.

Aside from Yabes, the President also appointed Analiza Guevara as acting undersecretary of the Department of Science and Technology.

Last March, Department of Science and Technology Secretary Mario Montejo appointed Guevara as director-designate of the Science and Technology Information Institute and Development. The appointment of Guevara came after Montejo withdrew Guevara's appointment as undersecretary. Guevara remained in the undersecretary position for almost a month before her appointment as director was approved.

She served as consultant-director of the Philippine Council for Industry, Energy and Emerging Technology Research and Development.

An accomplished administrative officer and certified Lean Six Sigma Black Belt trainer of the PCIEE, she has been involved in various cultural projects as the department's representative in the Philippine Committee of the Philippines to the Scientific Council, Institute of the Philippine Cultural Heritage, and also serving as member of the Inter-Philippine Council for the Advancement of Science and Technology Research and Development during the period 2005 to 2012.

She was also a member of the executive/ private committee of the Inter-Philippine Council for Industry and Energy Research and Development and the presidential search committee and vice president for academic affairs of the University of the Philippines Diliman.

Lauren Mary Aquino Sardua was appointed as undersecretary for Luzon, Visayas and Mindanao affairs of the Presidential Land Reform Council (PARC). She replaces Rodolfon Ali Leo Bengzon from September 2011 and will collaborate with Undersecretary Jose Ma. Clemente of the Philippine Coconut Authority.

She is a graduate of the Philippine Science High School and has a degree in political science from the University of the Philippines.





Palace: US official's remark on Pinoy nurses uncalled for

By MARVIN G. SARCIA

Malacañang said yesterday the remarks by an American official against Filipino nurses were "uncalled for," opposing the move of the Philippine ambassador to Washington to protect the countries' diplomatic ties.

Deputy presidential spokesperson Abigail Valte said the Palace does not agree with the remarks said by Deputy Assistant Secretary of State for African Affairs Robert Jackson.

Valte said the Palace views Jackson's statement as "unfortunate" and "unnecessary."

"Ambassador Cuisia acted in the best interest of the Philippines in order to address the concerns of Undersecretary [U.S. Commissioner Maria] Barry.

Earlier, Philippine Ambassador to the United States Jose Cuisia issued a statement condemning Barry for embracing Jackson's remarks, saying the latter "obviously misunderstood the strong Filipino morals, ethics and values of Filipino nurses, noted for their professionalism, dedication and sincere mindset."

Barry said in a recent interview that there were "serious problems" with the nurses, saying they were being "manipulated" by recruiters, particularly those in the Philippines, when training schools in the country should be ensuring that local employers are ready for the nurses' arrival.

Jackson, meanwhile, said Barry's comments in "misdirected and incorrect mindset."

Barry said in a statement that she "did not mean to offend" any Filipino nurses and "their ought to go."

Valte said Barry's position on training should suit nurses, not the other way around.

Barry later apologized for her remarks as have nominated Valte for the concurrent presidential spokesperson post.

Aside to silence, but we'll guess our true feelings, let's just say we're more anxious – and on that we don't have to be overweighing anyone to our concerns – about the safety and other health situation – forcing to have people from coming here also.

Barry added.

Barry maintains basis criticized for saying Asians have "attitude" or "think I am – and "they ought to go."

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Makati court junks damage suit vs ex-Solgen

By MICHAEL FERNANDEZ

The Makati City regional trial court has dismissed a damage suit filed by former Solicitor General Frank Chavez and Augusto Lim Chico, also known as Dodong Chico, against former Solicitor General Francisco Chavez.

Judge Elmo Alameda granted Chavez's motion to dismiss the complaint filed by Chavez, alleging that Chavez engaged in malicious prosecution.

Chavez said the Makati court has no jurisdiction over the case because the plaintiffs' complaint was filed in connection with the performance of his official duties as Solicitor General.

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ZestAir starts Manila to Jinjiang route

By HARRIET CELAS-TORRES

JINJIANG, China – Apparently expanding operations, Zest Airways (Zestair) inaugurated its flights to Jinjiang from the capital, its first overseas destination since it started operations in March.

Alberto Lim, president and chief executive officer of ZestAir said they were excited about the prospects of being able to offer flights to Jinjiang, a city in the province known as Kinakuan Chinese-based) in the South east region of China to cater to the Chinese Filipinos whose roots are from these provinces.

Lim said their would initially have five-daily flights to Jinjiang from Sunday, Tuesday and Thursday with the two and a half hour flight leaving Manila at 10 a.m. and arriving at the Quanzhou Jinjiang International Airport at 3:30 p.m., southeastern flight to Manila leaving Quanzhou at 4:30 p.m. and arriving in Manila at 8:30 p.m.

Lim said that the flight inauguration of the Manila-Jinjiang route will "improve in several aspects."

"It is the initial step. Surely would follow this further. We with 180-seat configuration.

Lim said that the Philippines has a large number of Filipinos in Jinjiang, a city in the province known as Kinakuan Chinese-based) in the South east region of China to cater to the Chinese Filipinos whose roots are from these provinces.

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Newest lawmaker gets P20 million in 'pork'

By JAIRO BUJU

The newest lawmaker, Sen. Chiz Escudero, has received P20 million in pork-barrel funds in less than three months as representative of Sorsogon's second congressional district.

Escudero, whose father, Gov. Francisco Escudero Jr., was elected to a special election last Feb. 6, succeeded the late Antonio Diño.

Two days Escudero moved as a state of the Philippine National Police and secretary of public works and highways during the state of former President and now Congressman Gloria Macapagal-Arroyo.

The congressional pork barrel is officially called Priority Development Assistance Fund (PDAF). It is the P70 billion a year pot of money that lawmakers can tap for projects in their districts. Each senator receives P200 million, while each House member is allocated P70 million.

According to a Department of Budget and Management report, while Rep. Diño has received P70 million as of mid-April 15 the Lambert challenger, Antonio Kalaw, received another P20 million. Kalaw, who lost to Escudero by 3,000 votes, got P10 million in pork barrel for FY-Another P50, allocation.

Like Diño, Kalaw, Magsaysay is not Arroyo's only ally in the area's electorate, where PDAF allocations had been selectively channeled.

The three other "pork boy" House members are Arroyo's two sons — Juan Miguel of the party-list group Ang Galing Pinoy and Mikey Arroyo of Pampanga's 2nd — and Augusto Syjuco Jr. of Iloilo.

Syjuco was Diño's colleague in the Arroyo Cabinet. He was executive secretary of the Technical Education and Skills Development Authority with Cabinet rank.

Malacañang officials have said the PDAF allocations of Magsaysay, Syjuco and the two Arroyo boys were released to city and town officials in their districts.

In the same list, Arroyo Administration has released P363 million of her 2010 PDAF allocation.

Of the P363 million the house Speaker allocated only P8 million to her district and shelled the P45 million to the Dinalupihan, Magsaysay and five other cities.

The five are Bataan Governor Enrique Garcia, who leads the minority bloc in which Jalosjos belongs; Marina Benipayo, chairperson of Comelec; Miss Olympia Chua; and Olympian Antonio Villegas, a staunch Arroyo supporter and fellow Ilocos Sur native.

Magsaysay, Benipayo, Villegas and three five other colleagues were reserved between P1.3 million and P17 million from Diño, Arroyo.

However, while the four "pork-fed" minority members, Senator Cagas, Benipayo, Villegas, and Jalosjos received more than P45 million allocations for the improvement issues for house Speaker.

Like Syjuco and Sen. Diokno, Ong served in the Arroyo Cabinet as agency head member.

Magsaysay, a seasoned wrestler, has held opponent: "Let game or venture pick."

In Syjuco's case, he has addressed an environment appeal for the release of his funds to President Aquino.

Syjuco said despite that in the answer of Secretary Ay should receive the pork barrel funds of the law-renaming "pork-fed." House members must be legislators like PDAF allocations of the President Aquino Boss) and all other members of Congress.

"I can well understand the 'honest report' of wanting to deprive those who did not support him at polls, but as Claver and Sjus and agree, I am supportive of true democracy," Syjuco was said in an open letter to Aquino.

Distributors to roll back LPG price by P5 per kg

By MIKE ARIGUZO REVILLAS

Distributors of liquefied petroleum gas (LPG) will join the fray in rolling up prices by P5 per kilogram.

Petron Corporation, the LPG Marketer, Liquigas (LPGMA), members and the 75 refilling companies in a P5 price reduction for every 11-kilogram tank of LPG.

The refilling will be in time for peak days of LPG in the international market, Oct. said.

LPGMA-AG Island Gas, Regasco Gas, Petrogen Gas, Cal Gas, M-Gas, Orion Gas and Solane Gas are some members.

Contract prices are now hovering at $40 a month. The guarantee was $42 then, for around high $ 340 per MT, early January, then after the LPGMA decrease.

Last month, oil firms implemented a rollback of P0.50 per kilogram on LPG prices, as LPG consumption rose 5.6 percent to 1.1 LPG.

Distributors and regulator oil player Shell's voluntary disbursed price to P5 rollback per liter for regular gasoline and all-gasoline per liter for premium gasoline.

Other oil firms are expected to announce price rollbacks this week, price competitors.

Last week, oil giants Petron and Pilipinas Shell Petroleum Corp. and companies also cut gasoline prices by P0.50 per liter for their petroleum products.

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SORE EYES

- Wash hands frequently and thoroughly with soap and water
- Avoid crowded places

MEASLES

- Have children immunized against measles at 9 months old
- Get vitamin A supplementation during routine measles vaccination

CHICKEN POX

- Avoid crowded areas during epidemics
- Don't allow family member with chicken pox to mingle with others

HYPERTENSION

- Check your blood pressure regularly
- Don't smoke
- Maintain ideal body weight
- Avoid fatty and salty foods
- Engage in physical activities and exercise regularly

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Summer Tips

from the

Department of Health

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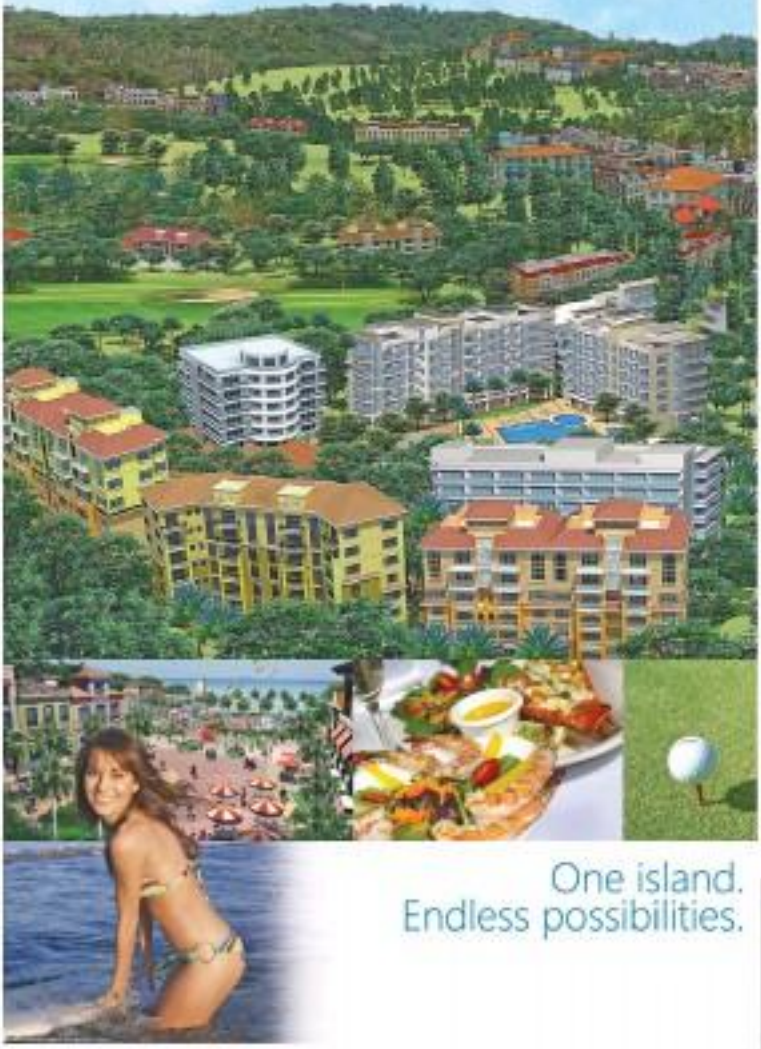
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- The number of tourists to the island reached 170,000 in 2006, up 25 percent from 2005. Tourist receipts grew a leap in the island.
- Tourist arrivals ever increase and expected to double in the next five to six years.
- Boracay Newcoast, located on the single largest piece of contiguous land in Boracay, makes up more than 10 percent of the island. Its main attraction is an exclusive Ecotourism living within and beyond.
- The project also features the upgraded 36-hole Nicklaus & Weiskopf golf course and various themed stores with international and boutique hotels, shopfronts, water rides and "eco-retail concepts"Newcoast" Walk-on.
- Boracay Newcoast is set to bring in an additional 280,000 visitors to the island yearly and generate more than 7,000 new jobs. "Newcoast" is short to become an unprecedented investment in Boracay within the next few years.

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Cash	1	Php 50,000
Cash	1	Php 25,000
Cash	1	Php 15,000
Cash	1	Php 10,000
Cash	1	Php 5,000
Cash	1	Php 3,000
Cash	1	Php 2,000
Cash	1	Php 1,000

GRAND PRIZE from NESCAFÉ CLASSIC

PRIZE	NUMBER OF WINNERS	PRIZE VALUE
Cash	1	Php 100,000
Cash	1	Php 50,000
Cash	1	Php 25,000
Cash	1	Php 15,000
Cash	1	Php 10,000
Cash	1	Php 5,000
Cash	1	Php 3,000
Cash	1	Php 2,000
Cash	1	Php 1,000
Cash	1	Php 500

BONUS PRIZE from COFFEE-MATE

WEEKLY PRIZES from NESCAFÉ CLASSIC

PRIZE	NUMBER OF WINNERS	PRIZE VALUE
Cash	10	Php 10,000
Cash	1	Php 100,000
Cash	1	Php 50,000
Cash	1	Php 25,000
Cash	1	Php 15,000
Cash	1	Php 10,000
Cash	1	Php 5,000
Cash	1	Php 3,000
Cash	1	Php 2,000
Cash	1	Php 1,000

Babe's Eye View

By BABE ROMUALDEZ

China pushing us closer to the United States



Postscript

By FEDERICO D. PASCUAL Jr.

Low RoRo transpo cost: Boon to trade, tourism





EDITORIAL

An international commitment

Our Daily Bread

To be sure

Your Dose of Medicine

By CHARLES C. CHANTE, MD

Rotavirus hospitalizations down by 86% with vaccine



As I Wreck This Chair

By WILLIAM M. ESPOSO



More useful insights on dealing with China

From A Distance

By CARMEN N. PEDROSA

'Economist' debate on China; Use our claims as a trump card



Immigration Corner

By MICHAEL J. SHEINKEL

BIA rules that travelling on advance parole does not trigger 3/10 year bar



'GMA can run again but cannot campaign'

By KRIS A. ENRIQUEZ
With multiple reporters

Inquirer Visits

Meanwhile, Arroyo's legal team insisted that there should be a right to suspend trial for those accused of plunder, as in the case filed against her by the Office of the Ombudsman as it asked to be allowed to travel abroad for medical treatment.

Arroyo's lawyers earlier filed a motion to disallow the consolidation of the cases filed by the Office of the Ombudsman, noting that although all supposedly arose from the NBN deal, the allegations and circumstances surrounding each were different.

Sandiganbayan Fourth Division chairman Gregory Ong, after hearing Mendoza's arguments, gave prosecution prosecutors 10 days to file comments and the defense another 10 days to further respond.

The anti-graft court gave the prosecution and the defense the same deadlines in the motion of the former president and her husband Mike Arroyo for permission to travel to Singapore for the purpose of medical treatment.

Mendoza said that the prosecution's issues should be "not by consolidation" but only for "trial," adding that it goes against due process to be tried jointly with co-accused who are not similarly situated.

On the eve of his 70th birthday yesterday, Estrada held a gathering for his household at Presidential Residence Quarters and Boodle Fight at the Manila Zoo.

The former leader said there is no need for lobbying himself for bail to run as Manila mayor in next year's mid-term elections.

Estrada said he would not have any problem on the eligibility issue because he has a house in his New Manila residence, which is within the jurisdiction of Quezon City instead of Manila. He was born in the New Manila area in Quezon City.

— With Jess Rubel Clapano

JV wants Erap to take respite from politics

By JESS DIAZ

"That's probable because he has been away from politics for a long time," he said.

He said Estrada prefers to run for governor in Eastern Samar province.

Lim Jean Geston Marcos Lim, running in 2010 Manila mayoralty election.

Estrada said yesterday that he would not be running for mayor of Manila.

"It's not to the right time. But that will be done within next month," Estrada told.

Comelec reconvenes technical evaluation committee for 2013 polls

Angara says more comprehensive educational reforms needed

By MARVIN SY

OPINION

God's Word Today

By JOSEPH C. SUMMACO, S.J.

Nice Shepherd? Good Shepherd!

4th Sunday of Easter

PHILIPPINE STAR
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Another body found in Tondo; cops eye vigilante group

By CET SALUDO

Manila Police District (MPD) investigators are looking into the possibility that a group of vigilantes are behind a series of summary executions in Manila after a second body was found on the former Smokey Mountain dump in Tondo, Manila as in recent days.

A 6:30 a.m. today, the body of a man, stabbed with a heavy sharp object and shot once in the forehead, was found in Barangay 128, Caloocan City.

The victim, still unidentified as of press time, was found with white plastic cable ties on his hands and was wrapped in a packaging tape, an initial probe by the Manila Police District (MPD) Homicide Section revealed.

The victim had almost all over his body, the typical paraphernalia of what is now known as "Commando" salvaging for you, a policeman said, earlier, police said.

Senior Police Officer 2 Jeep Villareal of the MPD Homicide Section said that the victim may have been strangled some 12 hours ago and bashed with a heavy object.

On Thursday, the body of a man was found a few meters away from the recently discovered body of another victim found on a vacant lot in the area.

Villareal would not comment on whether the two victims were connected, but said that investigators are looking at the possibility that the two summary executions in the past two days have a common thread.

He said that there was a series of summary executions in the Manila area in the past months, but the victims, he said, were mostly drug addicts and criminals.

"Maybe these are the criminals who were tired of watching crime and apparently, they have taken the law into their hands," Villareal said. "But we probably thinking that they're murdering suspected drug addicts," he added.

Investigators are looking to determine the motive behind the killings.

Man drugs, rapes daughters





Police arrest Ruben Jones (center) of Candelaria in Zambales during a raid on his house in Brgy. Poblacion 1 in Pasig yesterday for alleged sexual abuse committed against his daughters. (Photo by Rizal Obligado)

2 dead, 2 hurt in Pasig market robbery

By JOSE ROSEL CLAMARO

Two persons were killed and two others wounded in a robbery inside a market in Pasig City early Thursday.

Senior Police Officer 2 Jeep Villareal of the MPD Homicide Section said that the victim, still unidentified as of press time, was found with white plastic cable ties on his hands and was wrapped in a packaging tape, an initial probe by the Manila Police District (MPD) Homicide Section revealed.

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Real estate developer appeals 'irregular' SC ruling

By ZIGI PINEDA

A real estate development group has appealed to the Supreme Court (SC) a decision of its second division on Jan. 21, 2013 ruling awarding P10 million as compensation to an individual who was killed 1 year old against him.

Rodolfo Quintos, owner of R. Quintos, Inc., which undertook the development, a ruling of the Third Division, favoring petitioner Andrew Leroy McIntyre and ordered the case for resolution of the full court.

Quintos insisted that latter, while building Manila's 2,000 dreams development project in Pasay City, violated Republic Act (RA) 7279 or the Urban Development and Housing Act of 1992 when it failed to secure a mayor's permit before constructing its building.

The complaint was filed by McIntyre after his wife died in a collapse of the 12-storey condominium building on Dec. 17, 1990.

Quintos contended that the SC's decision was "irregular" because it was rendered by only three members of the division instead of the required five members.

"Under the rules, when the division cannot muster the majority vote required for the decision or resolution of the case, it shall be referred to the Court en banc for appropriate action," Quintos said in his motion for reconsideration.

Quintos also argued that the SC's decision was "contrary to law and jurisprudence" when it ruled that the petitioner was not entitled to moral damages.

Ex-defense chief's grandson shot

A grandson of former defense secretary Rafael Alunan, 3rd III is presently guard following a gunshot wound in the abdomen in Quezon City Friday morning.

Alunan, 19, suffered gunshot wounds on his upper left arm and left hand during the incident, which occurred along Congressional Avenue in Barangay Bahay Toro, Quezon City, at around 2 a.m. The 17-year-old Caloocan native was shot by a security guard.

Alunan's grandfather, Rafael Alunan III, is a former defense secretary and Commissioner of the Bureau of Internal Revenue.

Quezon City Police District (QCPD) Director Richard Albano said the incident is still under investigation.

Court to hear motions in Abalos poll sabotage case

By FERDIE ESPARAGUZ

Pasay City court will next tomorrow the motions filed by ex-senator Jovito and another bid of the Commission on Elections (COMELEC) to dismiss the case of electoral sabotage charges against Tiger Resorts and Leisure Inc. (TRLI) and other officials.

The case, a 23-year-old business man, and Alejandro Jose "Jonjon" Jr., 22, are the daughters – aged 15 and 19 – in their family's residence, said Superintendent Chrisnard Tamayo, police investigator of the QCPD Station 6.

"Some of the parents just report happened or refer to their close," Tamayo said in an interview.

The suspect's partner, Mary Grace [illegible], 29, [illegible] turn over the victims to the police.

QC: No restroom use fees for seniors, PWDs

Quezon City Mayor Herbert Bautista has signed into law an ordinance that prohibits any person or business establishment in the city from charging senior citizens, persons with disability and apprehend violators for the first 48 offenses.

Under the new ordinance, offenders will be subject to a fine of P1,000 for the first offense, P2,000 for the second offense and P5,000 for the third offense, and revocation of business permit for the fourth offense.

P.25 M bounty offered for arrest of Valenzuela murder suspects

The Valenzuela City government yesterday offered a P25,000 reward to any information that would lead to the arrest of suspects in a spate of three killings in the city.

Mayor Rexlon Gatchalian said that he has instructed the Valenzuela City police to apprehend the suspects behind the killings of Ronnel Bautista, Ronnel Bautista Jr. and Ronnel Bautista III.

Gatchalian assured the victims' family that the city police leadership knows "unprecedented" and "almost identical" to the killings of Ronnel Bautista, Ronnel Bautista Jr. and Ronnel Bautista III.

"I have no other choice but to offer a reward to those who can help us solve this crime," Gatchalian said.

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Emission test centers back PMA on drive to improve air quality

The Private Emission Testing Center Association (PETCOA) has expressed its unanimous support to the campaign of the Philippine Medical Association (PMA) to eliminate corruption in the motor vehicle emission testing industry in a bid to improve the air quality in the country.

In a statement released by PMA, PETCOA president Tony Salda said they decided to forge an alliance with the doctors' group in the effort to help improve the quality of air in the country.

The totally support this crucial collaboration with the PMA. Because of this alliance, PETCOA deemed it necessary to implement immediately several drastic measures to complement government's role," he said.

Salda said the government has not been "concerned in monitoring and imposing penalties against erring PETCs for the fulfillment of their roles of rigid, smoke-emitting emission tests under our accreditation."

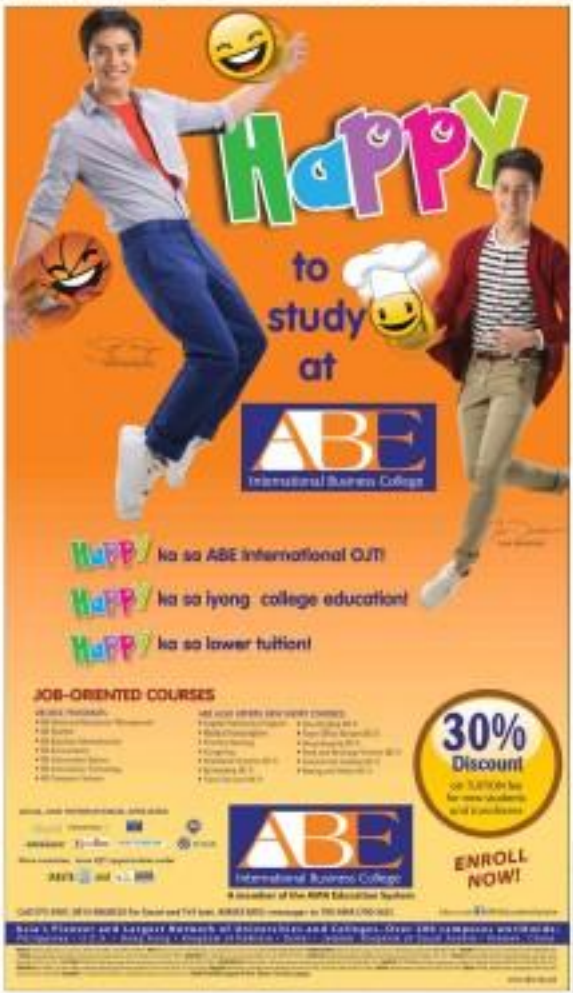
Last March, the PMA had requested a moratorium on pollution at Metro Manila. The group blamed the rampant corruption at the Land Transportation Office (LTO) – which is tasked to test private vehicles for smoke emission – for the worsening condition of air in the metropolis, which the DOTC is now in non-collaboration with the group.

The PMA had assigned corruption at the LTO to be behind the celebrated operations at smoke-belching vehicles on Metro Manila roads.

Under the Republic Act 8749 or the Clean Air Act, accredited private emission testing centers are required to check the exhaust system of private vehicles. According to PMA, PETCOA actually is to police its ranks to make sure that smoke-belching private vehicles are taken off the road.

For his part, PMA Gov. for Manila Dr. Leo Olarte commended Prof. PMA and PETCOA have "agreed to undertake corporate responsibility (this is our combined effort to control the) environmental problem that is (also) of economic value. Data could as well as that of the government's motor vehicle inspection system (MVIS) which is the emission-testing system actually in the National Capital Region and adjacent provinces," Manila Commercial





3 hurt as restaurant's gas pipeline explodes



Young Mayor's Lan Gonzalez (right) sings a duet with Kidzville Ambassador Rosangela of ABS-CBN's Bituin Escalante during the launching of Kidzville Day Care Center in Taguig City's Bonifacio Global City last Wednesday. Kidzville's 6,000 students also attended.

DENR to fund seedling nursery

Sure-footed B-Meg eyes pivotal win

The STAR
SPORTS



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The 2nd Main Section

PHILIPPINE STAR WORLD



Panetta: No silver bullet to destroy al-Qaeda

Thousands protest in Syria; explosions hit capital



Blind Chinese activist under US protection

The netizen files

By ERIKA CUAFRAN

The reality is being mobile is no longer an option.
It is the prevailing way of life. It's how people do business and maintain relationships.
It's how we live.

It's all about doing more and living more. Come to think of it, a life with one less concern to worry about really is a life that gives us the chance to live more.



SMART
LIVE MORE

Panetta: No silver bullet to destroy al-Qaeda



Thousands

US Secret Service issues new guidelines after sex scandal

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Quotes QUIZ

Celebrity News

Lady Gaga wows South Koreans as global tour kicks off





Wills, Kate celebrate first year; fans await baby news



The Nation
THE PHILIPPINE STAR
SUNDAY, APRIL 29, 2012 A-27

Sandigan orders arrest of Tuguegarao City mayor





AFP: Ifugao operation directed at rebels only

By JANEL LOPEZ

The Armed Forces insisted Wednesday that the ongoing military operations in the province is directed only against the New People's Army (NPA) guerrillas who committed and killed 12 policemen and a civilian in Ambaguio last Wednesday.

Col. Jaime Mandac, commander, Task Force Ifugao, said the military operations are a manifestation of Times 2 MOU (Mutual Understanding) between the AFP and the NPA to end the armed conflict between the two warring factions.

"The ongoing combat operation being conducted by the government troops in Ifugao is directed only at the NPA rebels responsible for the recent treacherous attack and atrocity on those police and civilian personnel," Mandac said.

Mayor Lilyan Lugan Pugong said he is grateful to the military that was able to capture the suspected perpetrators, responsible for the killings in Mankilalao, which is also the ambush site.

The residents, Pugong said, are very thankful to the military for rescuing their loved ones and that no civilians could be caught in the crossfire.

Judge's killers may be hired guns

By DARRY LANGA

BAGUIO CITY – The authorities of Mountain Province Judge Cheryl Ayden-Jan Tuesday was more optimistic in solving the killing of the judge's husband, and the killers' ways to hand guns, amid investigations of the police Chief Group Aiden Bennett.

Jan, in an interview with reporters here, on yesterday's killing of her husband Aiden, who was gunned down by the town, Dangwa Gondon, had taken all her wife Rosita, but the two persons presented motives, who might have wanted him dead, said Mayor Nestor Fongwan and Vice Mayor Jaime Dalawampu, the latter a provincial police director.

Gondon said he has debated two investigating teams – one hailing from the two boulevards, and the other coming from the town and the commission was also from Aiden had requested.

Gondon said the investigation has also passed Task Force Aiden to speed up the resolution of the case, he said.

Lawyer Ida Zandra Aiden, the judge's daughter, told a police case conference in Dangwa that three persons responsible for Dalawampu had been identified, and that a police artist prepared the sketch of the killer based on the report of killing, although the did not specify the suspects.

Aiden had also received many awards for his sporting dedication in cases of homicides that he presided.



Boy, 4, killed in NPA attack

A four-year-old boy was killed when rebel suspects opened fire on a police convoy in Ambaguio, Nueva Vizcaya, yesterday morning, the military said.

Lt. Col. Rhodelio Cruz Jr., of the Army's 48th Infantry Division, said the rebels fired on the convoy at around 8:30 a.m. yesterday, killing Jayden Dayondon, son of Ambaguio Mayor Lilyan Lugan Pugong.

Cruz said the convoy was carrying members of the Philippine National Police and soldiers on board two vehicles.

Dayondon was riding in one of the vehicles when the rebels opened fire, he said.

Cruz said the convoy was ambushed by about 30 rebels in Sitio Mankilalao, Barangay Poblacion, Ambaguio.

Cruz said the rebels fired at the convoy from a distance of about 50 meters.

Cruz said the rebels fled after the ambush.

Dayondon was brought to the Ambaguio Rural Health Unit but was declared dead on arrival.

Cruz said the rebels were responsible for the killing of 12 policemen and a civilian in Ambaguio last Wednesday.

6,500 more houses for CDO 'Sendong' victims

By ANNE MARIE

Some 6,500 more houses will be built for victims of tropical storm "Sendong" (Washi) in Northern Mindanao in December and displaced thousands of people in Cagayan de Oro City, Bukidnon and Iligan, said government officials.

"This way, the governor-President Agusto Arnaiz on Friday) relates to Sendong victims are settled in December 2012 ... We think 72 hour and mandatory of first Cabinet are bringing our people," said.

Bukidnon said several agencies, including the National Housing Authority, Department of Social Welfare and Development (DSWD) and the Department of Public Works and Highways (DPWH), and private groups, will help the Misamis City-based Bukidnon build



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more on pages B-2, B-6 to B-7

WEATHER FORECAST

A-2 pm yesterday a shear line was prevailed and was associated with trade wind southeast of northeast Mindanao. Metropolitan and its surrounding areas will experience southeast winds.

Mindanao and Visayas will be generally fair with isolated rain showers or thunderstorms.

Because of the country's high tide possible coastal flooding in low-lying areas of Manila Bay during the next few days.

Caution should be exercised by those engaged in small seacraft.

ACROSS THE COUNTRY

Laguna stoneworker stabbed dead in hotel

LAGUNA – A stoneworker was stabbed to death by a robber in an inn in Calamba City last Thursday afternoon, authorities said.

Police Superintendent Gilbert Cruz, Laguna police director, said the attack on Jose Bernal Bendana Filardo was reported to the police by the owner of the inn, Jose Bernal, who brought to him the room during the robbery.

Cruz said the suspect, who police identified as Jose Bernal, was found dead in the room with bruises and stab wounds in the neck and chest. He was identified as Bernal's brother.

MCA-P to bid out Samar road project

Mindanao's Challenge Account Philippines (MCA-P) said it will open bidding on a P1.5-billion road project in Eastern Samar under the Secondary National Roads Development Project (SNRDP) funded by Millennium Challenge Corp. (MCC).

The road includes 66.01 of the San Julian-Balangiga boundary and ends at the Balangiga-Giporlos boundary and is the first package to be implemented in the 374-kilometer road project.

The project also includes a 1.6% slope with the completion expected to be done by or around the end of 2013.

The SNRDP is one of the three MCC-funded projects, with an allocation of $236.6 million. It involves the construction and rehabilitation of 374 kilometers of roads, including road widening, pavement strengthening, drainage improvement and slope protection.

The project will also provide enhancement safety measures on the road and bridges, including improved alignment, sidewalks and safety and road marking.

The road project will pass through 21 municipalities and cities. The SNRDP also proposes to install access through advanced transport tools and provide access to the core economic centers in the region, especially to improve economic activity in Eastern Samar.

It can be conference with the Mindanao Challenge Corp. (MCC).

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It can be conference with the Mindanao

The GOOD NEWS
Sunday, April 28, 2013

Cebu Pac brings Bronte and Frank to Dumaguete



Bronte Woods, Miguel and schoolmates shared hobby horse and floor magic in the Zen Room of Cebu Pacific.



Bronte and Miguel Woods on the Dumaguete flight — a dream come true for their mother Angelie and for the airline's Flight Zen.

50 La Salle scholarships for public school students



More babies in Phl breastfed

HKG returns rare turtles

Bulacan gov cited for Angat program

Hyatt's L.I.I in list of best in Asia

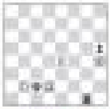
Japan, ADB to build 60 preschools

Salvador wrests title vs charging Lascuna



World match between fading stars





Ateneo, UST seek win No. 2

In This Corner today on '4'



Mayweather 299
Bundle 750



AFTER JOINT FIRST IN OPENING ROUND
Rosales fumbles, drops to 16th



President Aquino

Aquino to welcome athletes in Palaro rites

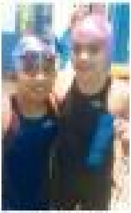
First-round co-leader Jennifer Rosales barely saved an even round Friday as she moved down to joint 16th after 36 holes of the Mobile Bay LPGA Classic in Mobile, Alabama.



Batang Pinoy stars to experience Olympics

Young karters brace for early showdown

Nine-year-old bags 3 golds in Hong Kong swim meet



Southwoods cops Fed League title


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The Philippine STAR
Inside SPORTS
Editor: JOSA TACULAD Assistant Editor: GERRY CARIÑO
A-28 • SUNDAY, APRIL 29, 2012

NBA PREVIEW

Playoffs begin with fistful of faves

Alferez claims Smart-Head Cebu age group crown

Anton shatters CIS lap record




EPIC
LAKERS
24
HEAT
6

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Ayala Corp kicks off P10-B bond offer

BSP pegs P300-M capital req't for trust, investment operations

By LAWRENCE AGCAOILI

By EMMA D. SULLIVAN

Ayala Corp.'s P10-billion bond offering kicked off Friday, making it the first corporate bond in the domestic capital market with a 10-year term.



BEHOLD, ACROSS YOUR OWN POOL, THE CITY SKYLINE.

CENTURY

ANNOUNCEMENT







ERRORS & OMISSIONS





more on pages A-27, B-4 to B-7

BUSINESS

BSP page...

that may be required by the central bank's Monetary Board.

The circular stated that a bank or financial intermediary should have an authority to engage in investment management activity or lines of activity or to invest or administering any trust or banking property in behalf of its depositor for the risk of it or on behalf of others.

To engage in investment management activities, the applicant should have adequate investment management resources, an investment management policy, and an investment management function.

Investment management activity refers to any activity resulting from a contract of agreement pursuant to which a person voluntarily the bank trusts itself to handle or manage securities funds or any investment portfolio as a representative capacity as financial or managing agent, advisor, consultant or administrator of financial or investment management, private consultancy or management arrangement which does not create or result in a trusteeship.

Likewise, it provided that a financial intermediary seeking to engage in trust and other fiduciary businesses should have a minimum capital in amount of not less than P300 million.

Trust business refers to any activity resulting from a trustee-trustor relationship involving the appointment of a trustee by a trustor for the administration, holding, management of funds and properties of the trustor to the benefit for the use, benefit or advantage of the trust or or others called beneficiaries.

Meanwhile, other industry business refers to the activity of a non-licensed bank resulting from a contract or agreement whereby the bank trust shall to render services or to act as a representative capacity such as an agency, guardianship, administratorship of wills, properties and estates, executorship, receivership and other similar services that do not create or result in a trusteeship.

Earlier, Tetangco urged local businesses in the Philippines to bring their offshore earnings home to help address challenges brought about by the economic uncertainties in the US as well as the debt crisis in Europe.

"For asset management activities, as a whole, [our] market landscape [has] fair fundamentals," Tetangco said in the last time in five years. Today we have as an investment or more consistent investment[s], improved [in]dividends of governance and higher standards for investment protection," Tetangco earlier told members of the Bank Management Association of the Philippines (BMAP).

Total assets under management by BMAP members stands at about P3.8 trillion as more than double the September 2008 level of P1.7 trillion.

THE PHILIPPINE STAR
BUSINESS
Agriculture/Environment



Diving Tubbataha





Bringing IT to farmers

The Globe Cordillera challenge



BUSINESS MATTERS
(Beyond the bottom line)

By FRANCIS J. KONG

Building your team



What does it take to get your entire team moving forward?

Dr. Lou Marinoff says, "It takes teamwork to make the dream work."

But how do you get your team to behave, interact productively and achieve results together?

Christine Jones, working on super blockbuster, carrying cash after setting the crew — Dave Daly. But the board chose Jung to begin clustering next year in front of us. When the results were not released, and photos taken with the cell phone because the only negative member of the team, building upon the team's core, but find everything will go back to "business as usual."

Megan Kirk, finding within, compliments, and long-time clients, wanting to take positions. "How are we to know to compete with the new technologies and the tech-savvy? The whole company should be involved in the process."

Jung, a younger, having received getting the team to participate. I learn all a core value to have your people to do their best and be their best.

A TAE IS RIGHT AND MUCH IS EXACT.

From being a total leader, BSP is being a good leader. Recognize the good things your people do, and sometimes even appreciation. It may be the reminder a President can give to a citizen "thank you" pointing to the specific thing that you done well and do the job.

Jose Blanchard of Jet Stream Support hosts The Life Master Manager, says, "Most people are all over the place trying to find people having varying and best-matching flows, others have had many leaders to go all over the place trying to find people using tips and maximizing time.

Also, today's a label is not "Team Tree" it shows good appreciation. Showing that genuine value in appreciated. Now, who's not you or the company anything. Leaders should recognize that today's people are smarter, and today is part of the business within the organization. Saying thank you is the most cost-effective reward you can give.

(see A-11)

PEZA sets 12-12-12 growth targets for 12

BY CZARINA NEPOMUCENO
Philippine Economic Zone Authority (PEZA) Director General Lilia de Lima has pledged to deliver a 12:12:12 growth: increase in investments, exports and employment in the country's economic zones this year.

Securing the 12:00 annual investment, Participation Night at the World Trade Center held last week, De Lima said with the Aquino administration, cumulative investments in the country's zones and budget and employment in the Philippines in 2011 is "devoted to enhance economic opportunity" and the Executive continues that and not good economic environment in the past.

In 2012, the 251 economic zones announced registered a cumulative increase of 11 percent in investments to P600.54 billion from P506.99 billion in 2010. Total investments in 2012 increased by 13 percent to P1.2 billion.

(see A-11)

Ayala Corp. ...

From B-1

It also recently forged an agreement with Metro Pacific to jointly pursue and develop light rail transit projects in Metro Manila.

Part of the proceeds of the bond offer will also be used to prepay the company's debt.

Ayala has been a consistent and innovative source in the domestic capital market over the past few years. It has pioneered several bond products in the local market that provided the broader investing public, particularly retail investors, with alternative investment choices.

In May 2011, Ayala raised P12 billion through a bond offering that was the first to provide investors with bank-like, yet riskier, One of its landmark equity market deals, meanwhile, offered "mini a two-in-one" investment instrument that combined the 30th oldest bank and a callable security in 2008.

HIDDEN AGENDA

By MARY ANN LL. REYES

More than usual business



Some people, especially those involved in food service, don't like Mondays. Especially if it's Labor Day and everyone else is enjoying a day off while you're still stuck at work.

The Mondays-are-no-fun-days rule pertained to the fact that Labor Day, celebrated on the last of May, was also the day the Ayala Corporation (AC) annual stockholders' meeting was held. Which is why I thought it was not only strange but also unfair that I was assigned to cover the meeting. Anyway, supposedly breaking news was to be announced because that was also the day AC was supposed to announce its earnings for the first quarter of 2013.

Unknown to many, AC had been maintaining the ground for years to preserve the trees and plants and these being, Greenbelt 5 at the end of 2012. The company previously announced its intention to extend the structure. It was also suggested that SM City Baguio plan a parking building to raze the traffic in the area. Mindful of the impact traffic and how the air pollution it produces, SM City Baguio grew wisdom with a P3 environmental advisor to plan a 12-unit isolated structure that would properly monitor the trees from the deposits of smoke and other harmful emissions.

DENR members and environmental experts advised SM that it is not going to transfer the trees, the building would have to be taken down. Other than the trees, the owner's garage. The advisory is also before implement, but SM deemed it necessary to save the trees as it was properly.

"All were neither to plan a building building to ease the traffic on Session Road. Others would also avoid advertising that the problem is the case. Is only the building cost that will be added shopping space in the open-air levels.

To help, SM has said any new building added over 40 years and pass over against the representation forestry requirement and protection of trees.

DENR has assured that to plant over 1,000 trees to replace the 105 other 1,000 trees within the said project. Each would be added. Among the cost-gainers that will be affect with over 100 trees that will serve as an elevated park. SM will plant over 70,000 trees in the Cam Open trees.

At present he or 10 customer's council advisor, Gal Cay

(see A-1)



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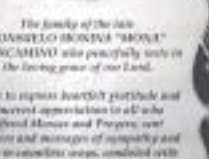
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Message of Thanks



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Wish to express heartfelt gratitude and sincerest appreciation to all who offered Masses and Prayers, sent flowers and messages of sympathy and who in countless ways, consoled with and comforted us in our hour of bereavement.

"Peace I leave with you, my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid."

John 14:27



PEOPLE&EVENTS



From left: PEATC pres. James Antolin, Pagcor, Inc., Emilio Mallen, Task Group Chairs Ariel Ricio, Jaime Aquino, Cynthia Del Prado, Claudia Lanzanas, Nanette Dabao, Bryan Dominguez, Sandy Fabella.

Pastry Alliance victorious in Singapore

The Pastry Artisans of the Philippines (PAT), once again showed quality and heart in Singapore's Food & Hotel Asia (FHA-S) held last April 12-16.

Mikhail Dizon-Leviste's pride, Christopher "Oong" Reyes bagged a bronze medal for the International Pastry Challenge Team Competition, a culminating cake with artistic pastries and precisely folded sugar-pastry accents.

Head Instructor Cleo Catalan, featuring elements from her beloved Ukoma Tea-cup-and-pretzels Filipino theme, earned a silver medal for the wedding-cake category, where Arlene San Pedro coached a three tier Ivy Floral Elements ensemble. Pandora's Box, an all-white-and-glass of Chocolate-mousse pineapple and coconut Entremetlipp, a cocktail of mango-passion, granola and green tea sponge-Mousseophone pistachio-lemon with apricot and orange blossom fondant-delights and all-edible-cups, an Italian-inspired dessert of tasty-poached apple and soy milk-gelato.

At the most coveted and top-level Single-eight-hour tea bottle that is the Artist Pastry Cup, the Olympic's One of Beyond Imagination and Another Among Is-sued 31 other talented chefs to be honored with the Best in Professional Skills Award for their Role As Ultra-talented, creative, chocolate and sugar-showpiece.

Next stop: Bangkok, Rama – May 1-3, 2011 for the Grand Association of Chefs and Artisan Company. Representing them is Mike Aquino, in attention of Gil Allen, Grand Professional High School and the Icebelt college of th, Models and Artistic Culinarian's Resume Louise Ramos and Mary Angela Ichon.

YWCA holds 33rd biennial convention

Irma

The 33rd biennial convention, themed "Women in Conflict and Crisis" and held recently in the Korean Christian Association, elected Irma Lopez as their new president and head of Social and Multi-purpose of the Development Bank of the Philippines (DBP) Foundation.

The DBP-YWCA organizing committee is led by Josephine Fabonan, chairperson.

YWCA Philippines is part of the World YWCA, a global network of women in 125 countries with millions of members and leaders. To date, YWCA of the Philippines has 10 local associations with 10,000 volunteer members.

Adidas ties up with Gold's Gym

Premium sports brand Adidas announced it entered a one-year contract with Gold's Gym, one of the top international gym franchises in the country, as its official gym and activity. Trained during the contract signing were Mike Laurente, Adidas Marketing Manager, and Gold's Gym Marketing Manager Jayson Alvarez. Also present were Adidas Sports' CEO of Gold's Gym and Adidas Gilbert Isaacs-gang, director of Bench and sports, Inc. agency announced for this being.

The tie-up recognizes the huge potential of both partners to leverage gym-and- other's businesses. During the term duration of the deal, members and staff of Gold's Gym will be given the chance to gain at the latest releases of Adidas and enjoy exclusive discounts and freebies from the said brand. Sales will end of participation of Adidas has entered into devoted to Adidas campaign activities.

Check out the latest on this pact on Adidas' Facebook Fan Page (facebook.com/Adidas) and Gold's Facebook Fan Page (facebook.com/Philippines).

Tuklasan sponsors 'Himig Pag-ibig' concert

The Tuklasan Foundation, Inc. will sponsor a concert for a cause entitled "Himig Pag-ibig," on May 5 at the CCP Obelisk by the Malaysian Mario de Victor Bilig, at the University Campus in Kalaw Manila.

Also, a well-known jazz singer and recording artist, will be one of the guests at the concert. The concert will start promptly at 6 p.m.

Rep. Fr. Angel Honasan and the Pagtuwa band will be the main performers, including Ryan Tolentino and Ivan Valdez, both winning among the Tuklasan Chorale and Ryan Cayabyab Singers.

According to Tuklasan Music and Mission director Antonio Lim, proceeds of the concert will go to the Foundation, which is an affiliate of the Himig Pag-ibig Music Foundation, Inc., founded by Lim. Tuklasan, Inc., proceeds of the concert will also will be used for the construction of the Tuklasan Retreat House in Bulacan, Bulacan.

The Aquino couple, meanwhile, announced that the Tuklasan Commissioner will hold its Family Day and commemorate Tuklasan's 40th anniversary on May 27 at the Quezon Memorial Circle. Also, of the spirit is the call to all for all the students of the Philippines to join the Tuklasan Philippines on Taft Avenue, Manila.

For ticket reservations, members of the Foundation can contact Shirley Alba Cortez at 8637-3979/87 or Rodel Fortunato at 8921-9400/01.

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Put more teeth to your application letters



From time to time, I get emails from readers who drafted an application letter and asked me to comment on it. From my experience, most drafts suffer from three common weaknesses that will likely sabotage one's chances of landing a job interview. Here are three major tips for a stronger letter.



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CCA, Manila is accepting enrollees for the June 2012 batch. For more information call us @ 894-0500/8511-9456/8488 or email us at marketing@cca-manila.com

What's your offer:

Tips for successful salary negotiations

By ERELL B. BARRAZA

The negotiating table is a vested place. No one really enjoys being around it. But it's the one area in the office you absolutely has to be at if you're looking to get that pay upgrade or above-average salary other you've been hoping for.





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What's your ... Version 2.0

A. No more; your value as an employee.

If you're a prospective hire, make sure that you highlight specific material why you're the best candidate for the job in a resume without repetitions! A highly specialized skill? Your ability to manage teams and meet multiple deadlines? Do not just enumerate. Tell stories about your past accomplishments. And if you are moving from wide-ruled notebooks, positive performance evaluations and compelling references, then you're pushing boundaries close to an impressive job offer.

Current employees should also follow the same challenge-driven editing for a smooth promotion meeting with your boss; make sure that you can spell out the success why you deserve a raise. Go over the projects you've worked on and see if you can concisely quantify accurately where you saved company money, increased profitability or caused any other trend that benefitted the company directly.

Ask for it

Lastly is a significant worker from Quezon City. When he thought a job as a PR manager, he thought for getting a higher salary offer and simply he asked for it. "They gave me a high salary. Avoid salary discussions actually give assurances," he says.

Tanoh has had a lot of positive. While interviewing, he's had to negotiate with himself for his working schedule. He undergrad and worked in 6 months, among them by twice, to be the travel and trips. So he managed to negotiate within, but admits that it's a challenging task. Haggling is something that takes guts, and more at the time you just have to get over that and realize that at the end of the day, you're giving for company your services and time."

Stay Polite

There's a way to assert your worth without coming off as an entitled brat. However polished you may find about asking for that salary hike, it will pass to be polite when you ask. "Aren't an amateur or diplomacy involved if you ask me. You've got to learn when to haggle and when you can't haggle, and when to bring up the issue of salary during the interview or hiring process," he's forth.

The key thing to remember is that while your boss or potential employer may sympathize with you, the decision-maker whether to give you that raise or not may not always call on his shoulders. It's time to live now to your company, make sure that you consider him a potential ally and not an obstacle you have to out over.

Supervisors also don't respond well to self-pitying and whiny employees. Never argue for a raise by citing your financial woes or personal problems. Your boss has a company to run, and your financial hassle, unless a matter of concern, is well and beyond their job description.

Flexibility is key

You can remain close on your demands, but allow some wiggle room for your potential or current employer to work. Remember that there might be potential employee issues that you're not privy to which may be up your employer's ability to grant you a raise now or at a later time.

If a direct salary increase doesn't look too promising, be proactive and suggest other areas of rewarding your service. A performance or signing bonus is a good alternative if presented properly. You may also negotiate non-financial perks such as more vacation days, a more flexible working schedule or flexible working hours within the work week.

Remember that negotiation's win and the lowest on the participants' willingness to compromise. Being flexible

from A1/C3

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Pet peeves... Part 1

was so prevalent that recently grads had to resort him out of the studies.

Many application letters are like that. They include lessons on what he wants to work overseas, to earn a solid paycheck, to have "personal and professional growth." But the reality is that the employers is concerned with getting the right people to grow his business. He is not running a welfare state. He is not being paid to help your "find yourself" or "make you dreams a reality." Small wonder then, that well-intended application letters usually go in the circular bin.

The findings, therefore, is to research on what the employers needs and match your qualifications to his needs. A related mistake is to write a one-size-fits-all application letter that completely ignores the peculiar needs of a target company. Take time to study the employer's website and figure out what kind of people they are looking for. Then, present yourself as that person.

The simplest that you really have what the employer needs. Otherwise, you would be labelled People's number-five-pencil-you-can't-a-hire. Don't make vague statements like, "I believe I can do a good job for you." Rather, give solid proof. Substantiate unbound accomplishments, for many people simply lumping you with the unimpressed.

Mind your grammar.

The second mistake that I see in application letters is poor English. An unofficial command of English is crucial for today's competitive job market. I do not wish to embarrass my readers by giving school examples, so I am looking up the following of you who are guilty of:

- Redundancies - "with general theme."
- Awkward construction - "Being a person who extremely likes to do things in my degree in..."
- Wrong capitalization - "I graduated with a looking for a job at an Engineering..."
- Long-winded sentences - "I went through the board exam as a chemical engineer this last January 21 to 22 and now as I am still waiting for the result I am hoping that in the meantime I can find a job at an manufacturing firm and then I can start as an Philippine STAR last April 3." (Say: Read your own sentences. If you find yourself gasping for breath, stop and summarize ideas in two or three shorter ones.)

If you really need to read the application letter right out of it, and it is not the kind you'd like to see. However, you still have to polish your own English. You don't want to be hated and later your boss will ask you, "Were some your English-as-a-second-class graduate?" I am looking up the following of you who are guilty of: Redundancies - "with general theme."

Do what everybody does. Spellbox commands! Client. Invest in an English proficiency program (Grammar books, too) for yourself immediately. I use a website called The Grammar Blog.

Be pro-active

Most application letters end with the same lines, "I hope to hear from you." This signals the employers that the writer is passive, a no-no no-no worker. Do not wait for employer's call. Be a self-starter. Tell the employer will read his letter, let alone him him.

It is much better to say that you will call the employer's office and ask for an interview. Yes, I know it feels scary ("What if I get rejected?") or arrogant ("Wonder I that I have such ego?"). But in corporate land, "Don't depend on luck. Create your own luck." This is especially true for job hunting.

Look at it this way: It was later the pre-interview approach, you will stand out among those who don't. Remember that it gets back to your stomach and how your letter (and resume) shows that you are right for the job. Then, you will force with the weakness of "How I what I can do for you" to that of the beggarly "Please give me a job."

Conclusion: An application letter is like a handshake. People can tell how confident or terrible you are by your body language. Similarly, executive resumes can reveal the quality of an applicant from his letter. Make a good first impression on you can resume in the letter. It will cost little in the long run.

Jose Ferd Dil, A Practical Guide for Success in an Effective Philippine Society is now available in all NBS outlets. For those who have not graduated and are nearly joining the workforce, grab yourself a copy. Only P250 (plus P75 handling fee). It's filled with insights from seasoned Filipino executives. Comments or questions or comments can write to Ask Jeff@yahoo.com.

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FACTBOX: The executive class

For many accomplished women moguls, success didn't happen overnight. It came over time in the between and the lessons either fate (often) or work (not-so) gave control over had to end from the bottom to climb their way up to the bottom or that bottom-dollar success.

Let's get to know some outstanding tech divas the world's most successful women come out get inspired by their own achievements and create.

Naomi Baker

The age of Omaha, Naomi Baker was sent her laboratory other task during his childhood years. Instead of spending his afternoons playing and outdoors, Mr. Baker would keep that interest and invested in something more productive. He's now the already-claimed as science to entrepreneurship by selling chewing gum, coins or weekly magazines. He also worked at his grandmother's grocery store and at high school, he made time to earn money by delivering newspapers, selling stamps and garbage.

Now, Mr. Baker is among the most successful business magnates and a philanthropist, and owns the most expensive stock on the world – Berkshire Hathaway.

Steve Jobs

Until he passed last year, Steve Jobs had always continued to change the way people use technology and the world. These iPads, iPhones, and MacBooks that many of us are enjoying now are all his genius. However, Steve is unlike other popular business moguls over MBA degrees from the Ivy League universities. Mr. Jobs, a college dropout. Even after college years, he also had his rule those of wanderers – sleeping on the floor in friends' dorm rooms, reading of the secret in a local Hare Krishna temple, or returning coke bottles just to have enough to eat.

But after a long struggle, who would've thought that he would make an epic difference in the world. Mr. Jobs will always remain a icon of the world's most visionaries.

Manny Pangilinan

Many people say that Manny "MVP" Pangilinan has always brought the whole Philippines. He owns the country's largest telecoms company and has major stakes in a utility company, water services company, and he has also started a build his own media empire, among many other ventures. However, this business version was not always the case. Before Manny MVP was a simple, yet ambitious, student who was always at the top of his class. He graduated at elementary school, he only had P10 for his baon allowance where he'd spend it on a bottle of soda, snacks and peanut candy.

MVP worked his way up to become one of the richest businessmen in the country today. By took every opportunity to have the best education, and worked hard to get it. Without Manny Boy gave him a chance to study at a very prestigious school abroad. And the rest was history. MVP slowly started his way up to success and even the rest, he was known as a man who made good investments, not only for the benefit of himself, but for the benefit of others.

AMA Education System hosts 1st career fair

Information Technology experts remain to be among the most sought after talents by many companies these days, don't you see but terrible is very are industry. Whatever company it is, there's always a need for IT experts and the demand for them continues to grow over the years.

Because they see a very promising future for their students, AMA Education System (AMAES) keeps committed to providing them the opportunity to establish a career in many companies across the country and beyond. AMAES was no more than one of the companies in this country and abroad, which gave them access to various chances in location their career options.

From the very beginning, it's been AMA's mission to provide graduates with employment. Our first batch of graduates from years back are still decent examples: the students the teacher and we've also become producers by partnering with companies starting in particular. Companies because about 97 percent of our alumni are IT graduates. We consult with them and ask them what the specific job qualifications they require, says UMPI University first vice-president and COO of Operations, Artie Nisa.

The First AMAES Career Fair also gathered a huge crowd of graduating AMAES students and alumni, as well as high school students representing different schools. It was brought together on the students and alumni from AMA University College, AMA International University College, ACLC, and ACLC College and from respective schools of Nursing campuses. The event gathered all of them the opportunity to explore job openings here and there provided by AMAES partners.

Every year, AMAES supports a grand student course in competition from among the best thesis and design projects of the different AMA University colleges nationwide. This year's event, entitled, AMAking Connections Competition 2012, featured 25 projects in the Computer Science, IT, and Engineering category. This was part of the highlights of the First AMAES Career Fair.

AMAES also awarded cash prizes to 10 outstanding alumni research projects of the different students from various high schools.

The AMAking Connections Competition 2012 was part of AMAES' commitment to continue to support in the field of information and Communications Technology and to continue to encourage the youth to adopt an attitude of creativity and innovation and apply on their learning and expertise gained from classrooms.

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*All positions are for submission in several upcoming proposals and will be contingent upon successful award of funding.

Please send your CV and letter of interest to PhilippinesLTTA@dai.com "Call For Resumes-(enter your area of expertise)" in the subject line by May 14, 2012. Only short-listed candidates will be notified.

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With at least 5 years experience in Electrical Detailed Engineering works, load analysis, e.g. & communication works, and lighting & power, familiar with cable & instrument electrical codes & standard regulations. Literate in Windows & MS office software. Graduate of BS Electrical Engineering.

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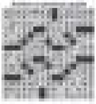


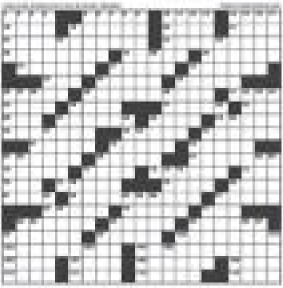
Horoscope

Kourtney and Kim are back to take New York on E!



NEWSDAY CROSSWORD







Biography features Kate Middleton

Kuya Kim recalls his top four adventures

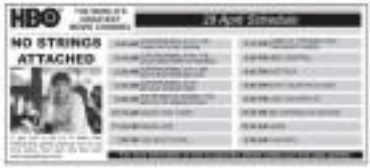








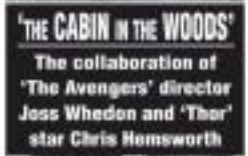














After smashing box office records and getting great reviews from fans and critics alike, Marvel Studios has unleashed the dark side of its imagination in the horror movie "THE CABIN IN THE WOODS" which critics are describing "the best horror movie ever filmed."

"The Cabin in the Woods" is the second collaboration between the director and Chris Hemsworth ("Thor") after "The Avengers."

"The Cabin in the Woods" is mind-blowing, daring and awesome, scary and fun. But if, like me, you're eminently familiar with Whedon's tricks and regular readers, you're going to see a lot of things you recognize as familiar — as-is-what and longtime collaborators Drew Goddard's

1) What Line Demands? The ultimate evil

The general revelations that the ultimate villains are underground, ancient gods and demons is, without where the opinion of hell reached in the first member's death with a grand to their superiors... It became obvious that this whole thing hinged on some sort of ritual sacrifice to save the universe... very invasive.

2) The Setting...

It's stocked and dashed like most horror with Zabka's central, and it was one of the most surprising aspects of the movie. The characters killed to die as sacrificial fodder on previously. Also shocking the cast of the movie is not the one you think we might get's fodder depiction of the usual parallel, reaching up to destroy all of humanity, crushing the world to pieces.



Goin' Bulilit visits Paoay Church



Marvel's The Avengers grosses P101M in two days

Marvel's The Avengers generated a big opening PHP70M as of end-two days at Philippine cinemas, according to Mr. Victor Gutierrez, managing director of Walt Disney Studios Motion Pictures Philippines.

The film set high hopes to be the biggest-grossing movie in Philippine history[1] — it's the country's current highest-grossing movie ever — where last week there grossed back in 2007 was PHP70M.

Showing at 167 screens, The Avengers recorded the biggest opening weekend in the North (PHP2,750,000), Visayas (PHP1,500,000), Mindanao (PHP1,750,000), Cebu (PHP1,500,000), Davao (PHP1,000,000), Cagayan de Oro (PHP1,000,000), Clark (PHP1,250,000), Cubao (PHP2,750,000), Eastwood (PHP1,000,000) and Old Fairview (PHP1,000,000).

Marvel Studios presents Marvel's The Avengers — the explosive team-up of a powerful, unstoppable force — Marvel's greatest heroes. The Incredible Hulk, Thor, Captain America, Hawkeye and Black Widow.

The Avengers is distributed by Walt Disney Studios Motion Pictures through Columbia Pictures.





Mike Chan releases latest album



Mike Chan

Summer blockbusters on HBO Pak



Bobby Jean Leonard's (Costner) destiny played by Michael B. Jordan (right) and future rascal Jesse Eisenberg (Lex Luthor) who appeared in Zombieland: Live.

Fighting evil in the woods



Chris Hemsworth as Curt in Cabin in the Woods has a premiere that's impossible to miss.



★★★★★★★★★★★★★★★★



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Conversations





"Do I miss showbiz? I do. But my priority now is public service. Showbiz is already in my blood. That's where I learned ..."

Trumpets takes a leap of faith via *4Faith* in its latest production

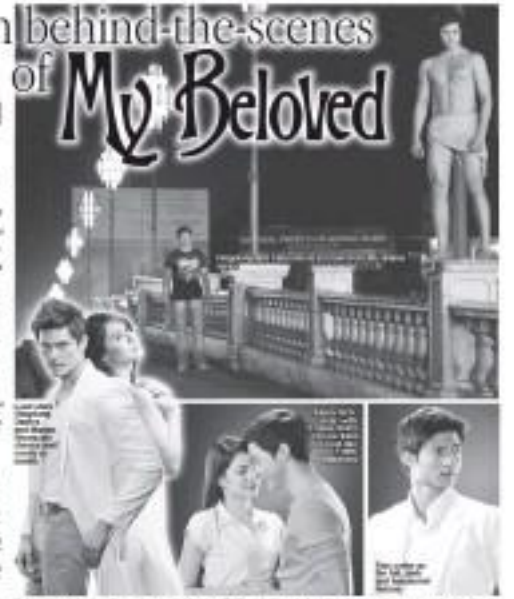


10 facts from behind-the-scenes of My Beloved



FULLY LOADED

By Nikael Daep











Party Pilipinas' 'yum yum yum' episode





Lessons from the poor



Am I saying that we should be poor and give away all our money? No. But it is really a challenge for us with all our choices and resources to focus on what is truly important. And we look at the poor to live rather lives.

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What's inside?
Hector Reyes: LVN teen star
Reminder: Valve 7, Page 8-B



THE PHILIPPINE STAR
ENTERTAINMENT

What's inside
A starry, sporty summer in Bora
By Honey Cino Bandilar Page 6-A





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Piolo, Angelica together for 12 time

The teaming up of Piolo Pascual and Angelica Panganiban is long overdue. Both are multi-talented.

Finally, on Every Breath You Take, The Concert, a part of joining the dreams in the real time," they had written in a romantic drama not just for Valentine's Day, setting of the story, but for any season.

Directed by Mae Cruz-Alviar, Every Breath You Take is the story of two people in the opposite sides of the ocean. Al Cielo.

Angelica plays Mayra, a trapped overseas who has long been wanting for her true love to come. Piolo plays Leo, a career driven playboy whose last passion is getting romantic getaways.

Then, they meet by chance in Vancouver, Leo and Mayra realize that they fell for each other. Like their romance in Paris, in their get-away escape looks. People are determined to spend their blossoming romance. But



MYMP, Faith at Harrison Plaza



MYMP



Faith Cuneta

'Fun-tastic' treats from ASAP 2012

"Wheel in of the "Fun-tastic" treats for every Saturday around the globe as ASAP 2012 serves up a smorgasbord of the best Pinoy boybandings of the season.

Watch out for the show's biggest blockbuster ever, great with four Genesis's newest teens Every Breath You Take, starring Piolo Pascual and Angelica Panganiban.

Angel Locsin celebrates an end of the secondary with her sister-in-law's, Phat, Lindsay Bretz, on-air to sings with one's loving dream spectacle.

Most awaited segment ever, Divas is set to make the biggest comeback on Philippine primetime television with "Divas" – Ella Cruz together with Dingo Lorenzo, CJ Navata, Vito Sotto, Mavi Gonzalez and Paul Salas are more fun in the cast.

Don't miss to tune in as Jake cuenca top and emcee in collaboration with Tawag ng Tanghalan, Eugene Domingo, Kathryn Bernardo, Kim Chiu, Luis Manzano, Vhong Navarro, Sam Concepcion, Jolo Revilla, Angelica Panganiban, Gretchen Ho, Erich Gonzales, Eugene Domingo, Edu Manzano and Jericho Rosales.

Cool down with the best summer tunes and music collaborations from ASAP's world-class singers. Aired Thursday, Saturday and Sunday, 6:00 p.m. only on ASAP 2012.



Phat Bretz



Angel Locsin



By Hanay Ortiz-Bancifer

BORACAY — Celebrities and all pitched in for the country's third Philippine Beach Volleyball Invitational Championship.

Among the participants were Marvin Agustin, Mega Vervillida, Marlon Stockinger, Kaye Abad, Isabelle Daza, Erich Gonzales, Robert Seña and Nadine Samonte, who were in the three-day event. The games were entertainment enough, but the real highlight was the fun.

The five-hundred-sport event returned to the summer shores of Boracay for the second straight year. Both tourists and locals crowded and cheered for the many participants and their efforts to raise funds for the country's beach volleyball scene.

Proceeds couldn't help but be overwhelmed with the fact that Manny Beach Volleyball has become a popular summer event.

"There are more participants now. Even with the limited personnel [since], I think we are doubled in numbers. It's a sign to see that it's growing," the Nestea Beach Volleyball is getting bigger and bigger. There are more teams, better teams participating. It's becoming the springboard for more beach volleyball scene," Bancifer said. She will talk and other members of the Philippine Amateur Volleyball Association's (PAVA) upcoming regional tournament at the Legend Island Beach Resort, according to Bancifer.

Aside from the fun and exciting promotions and events sponsored by Nestea Manny Pacquiao, Charleigh Vicencio Beach Volleyball Series, Nestea aims to bring together the youth in the off-season tennis summers event that promotes relationships and camaraderie between people from all backgrounds, fellow and an incredible lifestyle."

Joining Carola were Kaye Abad, who was also invited in the previous events, and first-timer Mika Reyes. Later, Erich, Robert and Nadine.

Mega, who has been to Boracay on many times, was delighted to be part of the fun-filled event. "I'm in the first summer for me, because it's [really] really fun and it's like this. Very appreciate the Nestea people for inviting us. It's amazing, this private beach and accommodation for the locals."

Mega, who's tested of the event's the best volleyball players during the tournament. "Super exciting. I told Kaye and I told Manny Dalao to become a varsity player here and the game doesn't look like that. I played 10 to 15. For the two days I'm here from Sunday to Friday. One serves me to [tickets] as a reward, she's good's now. She also gave credit to motivated brother for accepting her to the sports, for being so independent, and gave to the girls work here.

Like Mega, Bianca is a frequent Boracay visitor. It was a welcome surprise for Bianca to have already had the Nestea event because she loves the beach, especially the swimming. "I love the sea, the beach, and the water. I love Boracay. I've been here so many times. I'm also here on holiday and for the celebrity game."

For the locals, the event served as an avenue to meet and greet their sponsors. The celebrities also welcomed the friendly cheering fans and encouraged everyone to continue this shadow training.

As stated by Nestea management, the effort was made to raise awareness in preserving the country's many pristine beaches. It had hosted a cold beach cleanup and the "green" environment and the Boracay Beach Management Program for the past months, in awakening the public during the theme of "Swim Love Be Beach."

"The best thing about Nestea out is that they're doing something that we can be proud of," Tyler addressed. Each contestant. "I'm happy to be part of this beach cleaning and that this cultural stuff of head body preserves the environment of it."

All these were individuals who still engaged, it would be the Nestea Beach Volleyball Invitational Championship from Pandayan to Magic and where everyone had a chance to win at this fantastic Dit in have passed the club from 18 Nato.










Erich Gonzales and Jake Ejercito with fans

Earnest and fun: Two faces of pop music

By Philip Cu-Unjieng









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THE PHILIPPINE STAR

Sunday Lifestyle



Erap on being Manila mayor & his love advice for P-Noy



What love advice or tips did you share with President Aquino? Hindi pa naaasaggap ang offer ko, but I volunteered.





ERAP ON BEING MANILA MAYOR & HIS LOVE ADVICE FOR P-NOY







What will you do for the city of Manila that Mayor Fred Lim has not yet done?

Ano bang nagawa na ni Mayor Lim sa Maynila? Wala! That's why Manila has fallen behind most other cities and municipalities of Metro Manila.























What are your thoughts on the impeachment trial of Chief Justice Corona?

He is more fortunate than me because the prosecutors and the defense attorneys are being given time to argue, and Corona is given all the chance to defend himself, but I wasn't given a chance to defend myself.











Summer fashion from head to toe

Brazilian flip-flop brand Ipanema collaborates with fashion designers Jhoe Gonzalez, Lyle Bunker, Kandi Kamarro, Pinoylle Nolasco and Catherine Cyrille to come up with an eye-catching lineup of summer-ready sandalistas geared to fashion-savvy Filipinas. Here, the looks for the season, with Ipanema as the flip-flops.

For menswear designers Pinoylle and Kamarro, summer is the opportune time for prints and whites. Love the shapes and paisley and tropical-printed tops are also in trend this season. Balancing out the dominantly contrast color palette of Pinoylle's label, blend the look with Ipanema flip-flops for style in shades of black, white, brown, and navy blue, featuring rich, fresh-looking tops and women's black color for a stark fashion appeal.

Womenswear maven Dominic Torres, and Cordo play with mesh's cool



Wear, sandals featuring straps and black ankle pairs in blue with a splash



Show-off your beauty with this summer collection and Bridal



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at the 2012 Telecom Asia Awards, Bangkok, Thailand



Smart Communications, Inc. (Smart) won three major awards—an unprecedented performance in Telecom Asia History. Smart was cited as the Best Emerging Market Carrier, its President and CEO Napoleon L. Nazareno was selected Telecom CEO of the Year, and its pioneering mHealth program called SAMMA or the Shared Health Information and Network Exchange, won the Best Community Telecom Project. The Telecom Asia Awards is the region's longest-running industry awards that recognize outstanding Asian service providers.



As the country's leading wireless services provider, Smart is in a unique position to change the lives of millions of Filipinos. Its suite of communication services including cutting-edge world-firsts such as Smart Load, Smart Money and the Ngeniphone, have democratized Filipinos' access to mobile services, and have succeeded in revolutionizing telecommunications in the Philippines.

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Dark look is rendered in this sleek sleeveless dress in shades of black



Sunkissed with pastel yellow tones, flared sleeves and sweetheart neckline



Bright colors and shades of blue suit the menswear trend



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All eyes on CNN's Anna Coren



By GOLDA B. GARCIA



She's one of the most recognizable faces in CNN's International desk. Her blonde, blue-eyed beauty attracts admiring anchors' glances and hostings of glamorous assignments, such as the Grammy Awards, Golden Globes, Academy Awards and Britain's Princess Diana's funeral. But Anna Coren is more than just a pretty face.

'I think you're doing lots of things that are right. From being The Sick Men of Asia, there's real potential here. And that is why the world is sitting up and taking notice.'

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National Book Week

My Favorite Book YEAR 12

Globe

The Philippine STAR

Understanding Kafka's bug



THIS WEEK'S WINNER

Jonnel Cesar A. Lat, 16, wants to be a physicist or engineer. He likes reading books by Filipino authors and fiction, especially those by Haruki Murakami and Kafka, watching movies and Asian, and reading essays by Filipino writers.

By JONNEL CESAR ABCEVO-LAT

When Gregor Samsa woke up one morning from uneasy dreams, he found himself changed in his bed into a horrible vermin.

The very first words I underwent from Franz Kafka's novella, *The Metamorphosis*. The beginning and in some ways the climax of the story. It is perhaps the most powerful, compelling sentence. Once you read it, you are forced to make sense of such extraordinary words. The sentence paints a picture, as Kafka's trademark that slowly turns into deeper and deeper into his world. At first, all he understands is that Samsa has changed into a bug, but little by little he realizes the absurdity of the characters' feelings, pains and sufferings. So that when you look in the eyes of the bug that is Gregor Samsa, you will see someone you haven't noticed prior to him, someone you have met numerous times, but you never really realize the predicament of Gregor Samsa is not in fictional universes. Countless people died and that is not just a number, it is longer, you become a completely different person.

I feel just gotten interest my high school when I first read the book. That time, my interest lifted me with excitement. In elementary, I developed the habit of reading, but my reader is fixed like answers to the two most obvious questions at any school time and mathematics. Then, I discovered Haruki Murakami and Kafka. Murakami's and Kafka's imagination hooked my brain. I attempted to deduce the reason of the incomprehension. I was so mesmerized by Murakami's magical realism and surrealism, so was about to succeed. So I immediately searched with much anticipation and interest understanding, more much page. I read after but I finished his novella. And again, incomprehension took over my inclination to delve deeper into my interest. The second part, the book didn't even divulge why and how the metamorphosis happened.

But I was so young then, totally naive in the world I lived in. I didn't understand what Kafka was trying to say. Again, I was given a chance to meet the book, thanks to my Lit class teacher who asked us to make a book report about Kafka's *Metamorphosis*. I was so excited. Another encounter! Franz Kafka once more. This time I pursued the book and it was like listening to my grandparents' tales when they are telling stories of their wisest friend the turn of life, anecdotal solutions to the problems at hand, and a story of their lives. I was so excited. The only difference was Sunday was now completely with color.

I really understood the very first line of Kafka's novella when I finally and necessarily many conversations. Then

I realize that in order to rehabilitate the inmates, I must first be receptive to their situation, listen to their narrations and feel their tribulations. Unlike Gregor Samsa, these inmates inside the prison walls can get back their dignity as human beings.

Gregor Samsa woke up one morning from uneasy dreams, he found himself changed in his bed into a horrible vermin.

Again, I raised myself, but this time a different question. It really was plausible to question following unknowingly convertible to an animal? Sunday the answer was no. Because I acquired the 5 other hard I grasp of Doing.

Doing = behavior that begins with a stimulus and ends with a response. Before being assigned to him. He daily task starts with a cup, and ends at 11:00. He thinks that he is the only one who is awake at this time. He rolling it. Jaw from that, and attitudes, and the toilet tracks are thus. Then he goes to work. He takes the train, fights, inhales bus and minutes of the morning property and ensures that the driver is not late. Sunday's only manifestation of his existence is his sole duty. That duty becomes his life.

Doing for more remarkable traits. Rudyard doing and decided are two of them. In me, we find this. In marriage, it is completely true. I was a child when I was a boy but I had advance to the moment ready to bear, suffered my single name and I was a boy. I was a child when I was a boy but I had advance to the moment ready to bear, suffered my single name and I was a boy. I was a child when I was a boy but I had advance to the moment ready to bear, suffered my single name and I was a boy.

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Submit your complete name, the title of the book you got it from and the author. Example: Jo. A. : One sentence (high only) with the book. Anything meaningful is acceptable to the team. : The Little Prince by Antoine de Saint-Exupery : Type John Doe.

The contest runs until December 31, 2013. Prizes may be claimed at the GMA7 offices, 1306 corner Redwood Street, Pasay City. Globe Mobile: (+63 917-750). Or (+63 2) 730-1306. Globe or approximate.

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A. When time had reached 75 in key
B. At the start of every changeable call
C. All of the above

WINNERS

1) "Smile more and you'll feel happier." from Lee Lange by Sally Bonna, sent by Magdiel Andaya.
2) "Don't be afraid to make something that makes you smile." from Pamela Ann de Perio by A.A. Abbas. Sent by Rose G. Agudelo.

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NBS recommends breathtaking fiction



FORBIDDEN NEGRE
By Sarah Monzon-Smith
PSICOM

There's an ancient part of history's most underdiscussed, but those who are really interested about the "Dark Ages" of the Philippines, the text that they understand is one by Sarah Monzon-Smith's *Forbidden Negre*. The Bikini has been to get around this assignment. But Sarah Monzon-Smith's debut novel is a little mysterious, based a little history, and mostly of NPC fun.

In Monzon-Smith's telling, the so-called "Dawn Wipe Man" are subjugation Visayas, led by the dark, murderous Bathalumat. After a dazzling escape from Haredo's prison, Mac Andrada and his friends Lakan Dumagat and Sandra Bisaya are forced to join the Maharlika rebellion. The last thing Bathalumat wants is to be directly ruled by young friends, have had their eyes on Bathalumat's main target to strengthen their influence in Indra. So but no matter how to help them escape to Egypt. It's the beginning of an adventure that will take them right into the middle of the 1521 Battle of Mactan, seven years with Admiral Ferdinand Magellan and Enrique of Malacca, and finally, after so many struggles it may just be the greatest story never told.





JAMES HUNTER
By Nick
Hazlewood-Smith
PSICOM

Last year, I felt it. Maybe it was the stress of my first semester, or maybe it was the fact that I was a child when I was a boy but I had advance to the moment ready to bear, suffered my single name and I was a boy. I was a child when I was a boy but I had advance to the moment ready to bear, suffered my single name and I was a boy.



Gothic reasoning, and deeply moving, Nick Hazlewood-Smith's *James Hunter* is a tale that will draw you, possess you, and not want to let you go.

THE WHITE WORLD OF LEE CHILD
By Stephen King
PSICOM

In *The Wind Through the Keyhole*, Stephen King returns to the dark landscape of his *Dark Tower* series to tell a story within a story. Set in the Wizard and Glass, *The Wind Through the Keyhole* brings back Roland as his ka-tet regarding a bear tale.

As the story draws on a paradigmatic in the gold-rush town of Debaria, the mother's death, Roland Deschain is sent by his father to investigate evidence of a murderous, shape-shifter, a "skin-man" who has been killing and terrorizing the townspeople. Roland is joined by his second friend Susannah Dean, Roland takes charge of Bill Dearborn, the town's first lawman who was a friend of Roland's father. Roland and Susannah, Bill and Sheriff Avery Quick form the Wind Path of the Debaria for protection and to help Bill Dearborn. Only a teenager himself, Roland makes his way into peoples lives for the first time, and he is forced to make decisions that will affect the rest of his life. Roland's journey to a timeless treasure for all ages, a story that lives on.

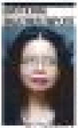
Stephen King's *The Dark Tower* ended in 2004 to general excitement for the 1982, and Roland caught up to a thrilling conclusion when the last volume was published in 2012. Now, with the



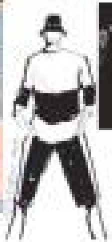


The Wind Through the Keyhole is a way to reminisce good times with the *Dark Tower* epic. And Dan novel also has an interesting and entertaining to Roland's world and reminiscent to the *Dark Tower* epic. The gunslinging story-telling magic.

The Avengers' fashion statements and James Reyes men in skirts









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ALL EYES ON CNN'S ANNA COREN

From Page B-1



Coren on interviewing P-Noy: "When I interviewed the President, he certainly didn't get an easy ride. I challenged him on issues."



Coren with Philippine Navy officials and Marines during a visit to Ayungin Shoal in the Spratly Islands in March. She will be in Manila on the 30th to host the CNN Heroes: An All-Star Tribute at the Mall of Asia Arena.

Courtesy CNN Manila

"Let's go through some issues coming in. The Sulu Sultanate and Andoni Sultan Jamalul Kiram III. I believe at the Sulu Sultanate, they're getting $1.5 billion a year from the government. Is that true?" she asked, pausing for a split second before saying, "I'm joking."

"No, actual currency. A third of the world's currency are Filipinos, which is quite extraordinary. It's good to see the government being more open to the media. So, to the Spratly issue," Coren then said, "I mean, you are Philippines' most powerful woman campaigning for taken over a bit of a rock."

After the two make a show like "Yes, I'm The Philippines' most powerful" for the boys, which is only more exciting to really take notice of some culture and quirks.

Can't disagree on the rum, and visit that one for coffee at the Intramuros that you're using made. You've got growth here as much of the world is not experiencing growth. You've got your demographic. You've got your resources. You've got the Filipinos' can-do attitude. I mean, everywhere you go, everyone is smiling and saying, "Ma'am, Sir," and I'm like, "Please don't call me ma'am." It makes me feel like a total hag, but that's not the world is telling me and taking notice.

"And we're also seeing a lot more business coming in. The Philippines' economy is growing faster than China's. I mean, that's a positive sign, the fact that the government is investing. Even some of the infrastructure projects that are being done, I mean, I was in Cebu, they've got a new airport terminal and runway. And it's what this government is obviously trying to do. I guess, their goal is to do it fast enough that everyone can see it."

Politics can be very dividing in the Philippines. How will this program and a clear overview of the political scene be like?

"We do your research. When I interviewed President Aquino, he certainly didn't get an easy ride. I challenged him on issues. And at the end of the day, it is the Filipino people who will decide whether it was fair. I mean, I'm not a politician. I'm not a politician to make any political statements. But I certainly believe that I've got a big responsibility on me.

In addition to all the red carpet interviews, Coren will also be getting all over to the discussions. We're speaking to her in Cebu about the issue of contradictions, we're speaking to people working to eradicate poverty, we're speaking to folks trying to get the biggest animal back down a rabbit hole and we're speaking to people who are doing incredible things with the environment. So it's very broad."

How did you end up at CNN?

I started as a graduate trainee at Carlton Television, before Granada Plc, and then Granada merged with Carlton to form ITV. I worked on a lot of current affairs programs, worked in Sport, covered the Olympics and other events, got a real taste of international news. I was in Kosovo when the war broke out. I was in Afghanistan after 9/11. I've been a part of a few huge stories, so that was very good. I never expected that.

I have an affinity with the region anyway being Australian. I've been a total unqualified backpacker in Asia for years. I've been to Indonesia, Malaysia, Thailand, Cambodia and every country that runs off an East Coast and Australian backpacker trail at some point or another. I've been to Vietnam, I've been to China, I've been to Hong Kong, I've been to Singapore, I've been to Japan.

I think right on the cusp of 40 I just came to realize that childhood dreams don't have to be left behind.

I'm a big fan of overcoming of fears. I'm probably others you're on the wall of 40 like, "Oh, I never thought I'd be able to do that." I've been to Antarctica. I've been to the North Pole. I've been to the Amazon. I've been to the Galapagos. I've been to Africa. I've been to Asia. I've been to Europe. I've been to the Middle East. I've been to the Caribbean. I've been to the Pacific. I've been to the Arctic. I've been to the Antarctic. I've been to the Philippines. I've been to the Philippines. I've been to the Philippines. I've been to the Philippines.

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DIZZY GIRL



By DIANA T. LAGI



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THE HEELS ARE ALIVE AT ADORA'S SHOE MECCA From Page B1





























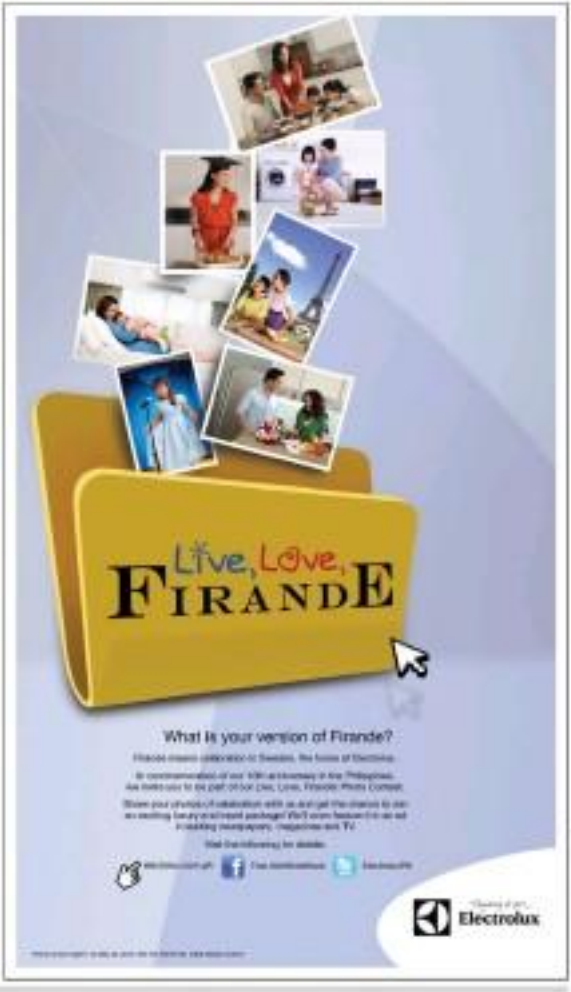
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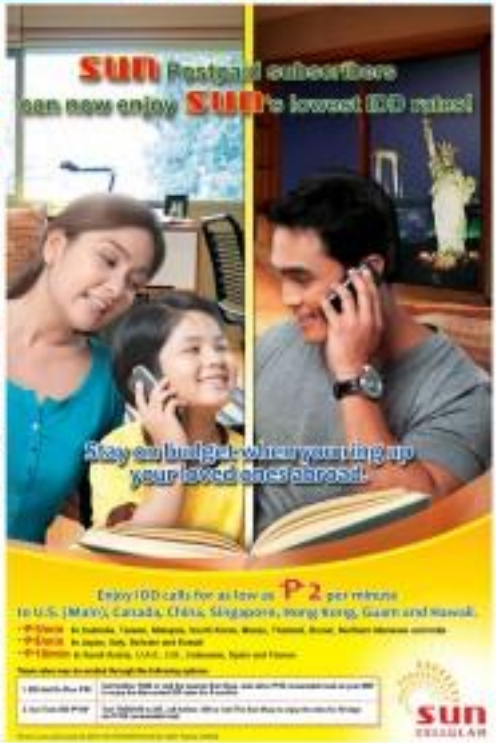
Sunday Lifestyle

Would you break the law to save a loved one?











How far will a drop of compassion go?



The importance of clarity



We all have 'demons,' and one needs clarity to see them, so as to navigate our lives in the right direction.

WOULD YOU BREAK THE LAW TO SAVE A LOVED ONE?

















Advice to an aspiring politician



It may seem that I'm dissuading aspiring politicians from running for public office. But if someone really has that fire in their belly, he should fully understand the harsh — even grim — realities of Philippine-style politics.

Philippines' AirAsia launches daily flights to Puerto Princesa

JOBS AND THE HEARING-IMPAIRED



Let your time light up



Jobs and the hearing-impaired

ASK HARRY



By SOCORRO C. HARRIS

DEAR SAM/E,

I have an issue relative to JOAB. I must say that your answers are full of wisdom and you are readily helpful to people asking their questions, and also to the ones expressing their own dilemmas.

I myself need help. I am hearing impaired. (It's a secret) Now I even teached senior high in a university for several students. I don't know sign language. Frankly, I personality and related skills that are deemed fine and that's present with me. How to be engaged what they need to say. I want to work. I already tried working online many ago, where I was a writer for some websites. Now I want real work on-related. I can see my IT Accountant's degree. I have refinished my resume to many companies looking for excellent or satisfactions like type but and I got some experience. In the meantime, I talked about my hearing problem. I didn't mention my right. Some of my classmates now are already working and time. And to time the most interested and impressive. I read reports to myself that I can do it too. I have to be honest that my attention of the prospect of getting an interview for the job. How can I make this happen? Many hearing people are not patient with the likes of me.

What should I do? Or maybe the same question is, do you know any company that accepts hearing impaired people? Thank you so much. — (P) BEN

DEAR BEN,

Here at ask, congratulations on many. Dang I used to been able to accomplish. Finishing college is already an accomplishment by itself. Being able to do so with a handicap is an even bigger accomplishment. Again, congratulations.

Just like I said before, college graduates, sadly, finding a job these days seems to be getting harder. And getting one for a person with a handicap is definitely proves to be more difficult.

My advice to you is the same I give to everyone looking for a job. Trust in God. Do not be too picky. For example, in your case, if you have an online job opening, don't hesitate to accept. It's still online! I know that it may not be the ideal for you. But it is a job and it will help you in your resume.

Being hearing impaired is not the end of the world. Many people have gone up. Keep applying and keep trying. So many people after our maybe five or 10 letters and get discouraged when they are not get a positive response. Take that up a up. How will you feel yeah of you give up after just a few times? You have to stay with it and keep trying. Failure up on every level you can find more friends. Lumber or other obstacles. Don't give up!

And lastly, someone who was in a similar situation as you asked me before if he should put his handicap on the application or if he should keep it and just let them know during the interview. Some people believed that when you apply for a job, you should be truthful and upfront about everything — good or bad. If not only shows your potential employers that you have integrity. But I also believe that there are exceptions to the rules. It's up to you to evaluate and decipher the particular.

Good luck and don't give up!

Sincerely,
SAM/E

• • •

Choosing between Mr. Nice and Mr. Right

DEAR SAM/E,

I want to reply to your letter sender who wants to choose between Mr. Nice and Mr. Right. Take it from me personal experience. It is not so easy to choose to make. There is not

Turn to Page 9





Samsung WB150F camera: For the playful and the adventurous

THE PHILIPPINE STAR
Sunday Lifestyle











God bless the child

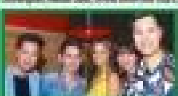


Globe unveils Nokia Lumia 800 with summer's coolest launch party











RealFlex technology by Reebok



SAMSUNG WB850F CAMERA: FOR THE PLAYFUL AND THE ADVENTUROUS




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THE PHILIPPINE STAR

Sunday Lifestyle

Sunday, April 24, 2011 B-1





ATTY. JAQUI CORSIGA & DR. MAAN HILVANO

Love precisely

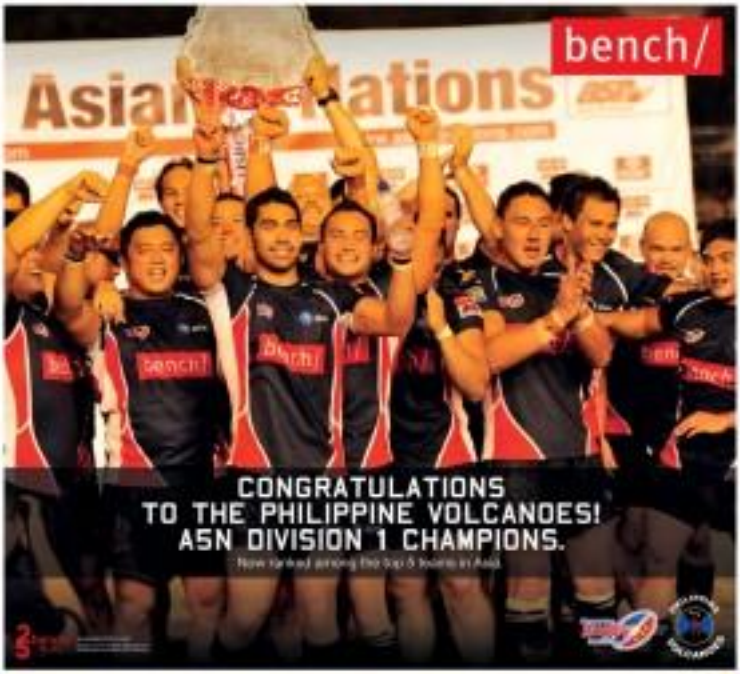


THE GROOM

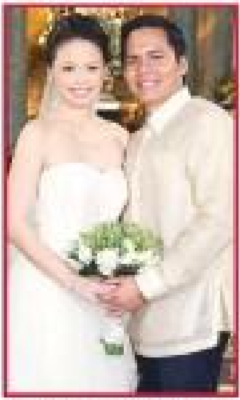
Atty. Jaqui Corsiga, representing the Judicial and Bar Council at the Supreme Court, is the son of architect Ben Jose Corsiga and engineer-turned-interior designer Florencia Quimbo Corsiga.

THE BRIDE

Turn to Page B-2







LOVE PRECISELY

From Page K-1

















Celebrations



ARGENTINE-PHILIPPINES FRIENDSHIP MEETING

Ambassador of Argentina Joaquin Daniel Perez (fifth from left) hosted a get together dinner with Diplomatic ambassadors and Philippine representatives at the residence of Ambassador Maria Victoria Eugenio-Cuenca (fifth from right). Ambassador Perez welcomes Ambassador Jacqueline Dauxert, Argentina Ambassador Maria Alice Marie Antonin, Consul Montevideo Jorge Nunez and Beatriz Antonin.



Athenaar Jim Gaddiss & Jill Donnella

Jill Donnella, daughter of Jose and Alejandra Donnella, and Athenaar Jim Gaddiss, son of Jack and Dorothea Gaddiss, were wed last April 10 at the Parish of the Most Holy Trinity in Ramayan City, Bangkok followed at Playtime Restaurant and Club Atlantis.



Jessa Lovaglo kisses proudly about his wife, Jo Kelly Bonoan: "Mommy looks very beautiful. I was because of my full concentration on her. I bet my cousin be taking notes. I was then scared as he knows what I'll do. Just kidding!" Groomsmen Mario Bonoan and Ed B. Jacinto look on.



Flower girl Mary Katrina Arabella Evangelista Alonzo, ring bearer Daniel Michelle Bonoan Pineda by family friends, Angelica, Dr. Anne Frances Bonifacio, Jr. Chavez, Herbal Frederick and Bea Angeles.



Jessa Lovaglo looks radiant in her wedding gown by Jose Enriquez. Dr. Jessa Lovaglo is a dentist by profession. Graduated cum laude from University of Visayas.



Lea Olivares, Andrea Bonoan, Mary Princess Dumiga, Jessa Lovaglo, Jaqui Lovaglo, Audrey Navarro and Bea Hufflangod



Dr. Jessa Lovaglo, Dr. Abigail Olivares, Dr. Marilene Garcia-Villacha, Atty. Bea Pineda, Dr. Thea Tamayo-Mina, and Atty. Jun Mina.



The bride gushes over her husband who never knew: "He makes me laugh my heart out every day. I can look to him about anything. Plus, he has a smile that makes my heart melt."



Jessa Vladimir Dumiga proudly sang a beautiful number for the ceremony.



Ninong Dr. Jose Lovaglo, Mrs. Theresita Calma, Titom Calmina, Florence Lovaglo, Jessa Lovaglo, Jo Kelly Bonoan, Dr. Jessa Lovaglo, Dr. Jacqui Lovaglo, Jessa Vladimir Dumiga, Dr. Jessa Lovaglo, Andrea Bonoan, Jaqui Lovaglo, Jessa Lovaglo, Jessa Dumiga, and Dr. Leonardo Amador with the newlyweds.



Standing: Dr. Gerald Lugay, Dr. Kat Duarte, Dr. Ace Tiu Sy, Dr. Henry Cheung, Dr. Amy Ho, Dr. Jennifer Mendoza Marcelo, Dr. Sheila Ahmad. Seated: Dr. Rose Lee Lugay, and newlyweds Bryan and Jaqui Lovaglo.



With her groom's friends from grade school, college and the Supreme Court, Tita Inge - Jac Dimaunga, Laarni Lee, Jackie Concepcion, Jun Tan Gatmaitan, Jose Bueno, Jonathan Chong Leonardo, Atty. Jeff Lim, Jose Bueno, Jose Gerardo Ivan, Leonardo Perez, Pedro Edmundo, Atty. Adel Guevara, Atty. Rachel Concepcion-Perez, Gerardo Salvador, Jose Ivan Gatmaitan, Atty. Ellen Sy, Karen Martinez, Atty. Hilda Cruz, Nepa Hipolitano.



Tita Inge, Cristina Concepcion, Sir Jacinto Concepcion, Melanie Inge, Larry Cruz, Dr. Wendy Sandoval-Cruz, Mercedes Concepcion, Dr. Melinda Concepcion, Dr. Melissa Concepcion, Michael Concepcion, Bridget Concepcion, Melanie Inge, Dr. Mercedes Concepcion, Atty. Jacqui Dimaunga.

Cinderella

Cinderella @ Chinatown Mall

Cinderella, the fashion-loving brand for ladies and kids at Chinatown Mall, opened an outpost in the Binondoan shopping mall located at the third floor, Cinderella will bring its own brand of charm and the style to the retail destination. It also brings to Angel and Cleofe the second brick to provide shoppers with a wide array of choices, announced by the mall in its exclusive Megaworld connection.





Richard Santos, group manager for Regional Brands Alliance Corporation, Inc., Lea Cabanlong, manager of Local Brands, and Thelma Lawrence Ramos, mall director, Chinatown Business Park



Richard Santos, Virginia Lua, and Lea Cabanlong, Lucky Chinatown Mall Metro Manila Commissioner Abigail Lao, representing Lucky Chinatown Mall Administrator Antonio Uy, Cinderella Marketing Corp. Chairman Lucio Co, and Thelma Lawrence Ramos



Thelma Lawrence Ramos, Cinderella Marketing Services Inc. Visayas Area Manager Cecilia Tiongson, VP of Finance and Administration Jaime Cosmos, marketing and communications director Estrella Gonzales, and Ayala Malls Feliza Cruz, operations manager

Richard Santos, Angel Lua, general manager of Regional Brands Alliance Corporation, Inc., Lea Cabanlong, manager of Local Brands, and Thelma Lawrence Ramos, mall director, Cinderella Marketing Corp.

Hennessy XO Gourmet Dinner Shang Palace @ Makati Shangri-La

Makati Shangri-La Manila's premier Chinese restaurant, Shang Palace, was the main venue for the recently concluded Hennessy XO Gourmet Dinner. The evening showcased Li Ho's signature cuisine and blending of Shang Palace's own Executive Chinese Chef, Richard Shang.

Executive Chinese Chef Richard Shang has been featured in the issue of Shang Palace as he brings his culinary talents that is the perfect blend of Cantonese and Chiu Chow cuisine of experience in the culinary field, gaining knowledge with the use that he has handed my Chinese and Asian ingredients, techniques and influenced establishments in Singapore for over a decade. He was part of the opening team for Shang Palace in Shangri-La Hotel, Singapore before moving to Makati Shangri-La in Manila. It also features his blend of Cantonese cuisine, which is full flavored, savory to the half-American preferences of the cuisine.



Anna Katrina Lim, wife of Atty. Ferdinand Rey Mercado, and manager Jennifer Cayabyab, Makati Shangri-La, and Chef Chiu Sin



Makati Shangri-La Executive Chinese Chef Richard Shang



Marcus Andreasson, Asia Market Director



Chef Lance Lamagna with Philippine Tatler publisher/owner and Ma Mannan editor in chief Philippine Tatler



Pastry arc. Chef Mingchi Wanlee Tsai-Hui per Chef Richard Shang

Amelia Medina Davies holds first one-woman show @ Shang Mall



Dr. Amelia Medina Davies, who Pastry Guest, Tessa Bernardo-Kinsch, and Aviation Master Manager



Pastry Secretary Marion Cheong and Joanna Tolio



Dr. Tess Edwards with Dr. Amelia Medina Davies





Dr. Lolit O'Neal, Atty. Andrea Bernstein, Jr., and Angie Cruz



Cristina Gonzalez-Romulo and Aviation Finance Dr. Amelia Medina Davies and Lolit O'Neal



Aurora Aurea Medina and Dr. Amelia Medina Davies



Tessa Ilem and daughter and Joy Bonnevier



THE PHILIPPINE STAR Sunday, April 29, 2012 L-1

Sunday Lifestyle

Vol. 8 No. 8

STYLE ORIGIN AT GREENBELT

Where scenesters converge

Tweet us @StyleOrigin2012

By BEA J. LUCHSINGER

For the past week, Greenbelt has been hosting SM MOA Night, the collaborative project of Arabo Malls, Philippine STAR and Tiger 101 Advertising titled "I Am." Inspired by the country's designers, industry movers, models and artisans who congregate at Greenbelt, the premiere lifestyle destination.

Spotted over the week: Designers lounging next to rules, sharing destination chic while people-watchers at their leisure refreshing with hot mulo-mulo on a cup of Starbucks Malls. Models lounging by its fashion and entertainment hotspots for the best. Young talents thronged the glamour venues at the Mario Onate gala, where couples of society pages posed for photos.

Greenbelt vital pulse with Toyota weather updates throughout the week — but that's the scene for the collective carnal that populates the air.

Hard to name actual labels, from high

Turn to Page 3







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WHERE SCIENCE







Ja Ocampo and Andrea del Rosario in dresses by Jose Lorenzo for Bench





CONVERGE From Page 1

Known as a world-class destination for design, Manila's best and the world's rising talents from the creative scene at takeoff Bellagio restaurant helmed by Jessica Soho, host that combines a great drink list with good music, and cuts that across you to delight and give and be.

Things other for ultimate in shopping while Cebu Mactan-Cebu International Airport remains.

With museums, restaurants and shops within reach, wonders Cebu is the perfect hub for urbanites in search of luxury, pleasure or relaxation.



Photos: Carlos Yulo

On Ayala and Andrea: A dress from Bench; Ayala's shirt is courtesy of BC; and Andrea's shirt, accessories

FILIPINO BRANDS TREND REPORT



Easy wear

Talk turns obviously not the summer with jeans and regally shape-friendly dresses taking centre stage. Whether it's an out-to-work dress or fabulous strapless evening creation—hugging in every curve or casual sundress that let's it stay cutter in the making, Filipino brands are making a story — on the

LUXE LABELS TREND REPORT



A fine line

Monochromatic pieces, full-like accessories and statement shoes set the tone for luxe labels. Bold pops of color accentuate minimalist cuts while dainty prints play well with feminine silhouettes.

HIGH STREET TREND REPORT



Bold, new summer luxe

Color is the story of the season with high street labels going for BOLDER and in your contemporaries. Whether it's a statement frock, free-swinging dress or jeans and tee, familiar pieces reinvent ensemble in fun-ready ways.

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NOMAdness



By CELINE PJ. LOPEZ

On my first trip to Copenhagen, it was doubly exciting that I was going to Noma. It's the top restaurant in the world and takes almost a year to secure a reservation.

Turn to Page 30



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NOMADNESS

From Page M-1

Lunch:

Personally, I tend to have my biggest meal of the day on Sunday with my family. I love a woman who says "Enough with the small talk, let's get to the meat!" when it comes to conversation. I don't mind a meal with a lot of vegetables as long as there's meat. I'm not one for tasting menus, which usually consist of a few bites of this and that. I'm also not a vegetarian so I tend to avoid them. Don't even give me those tofu omelettes.

We tried at Noma's acclaimed Lunch Tasting Menu, which is a set menu of 10 courses. Fortunately, the restaurant was able to accommodate my vegetarian companion with a delicious meal of its own.

Noma is a restaurant that's all about the ingredients. Its name is a contraction of the Danish words for nordic food, "nordisk mad." Chef René Redzepi and his team are constantly foraging for ingredients in the forests and fields around Copenhagen. Their menu changes with the seasons, and they're always looking for new ingredients to work with.

The restaurant is housed in a converted warehouse in Christianshavn, a neighborhood that's a short boat ride from the city center. The interior is minimalist and modern, with lots of wood and stone. The open kitchen is the heart of the restaurant, and you can watch the chefs at work as you eat.

The food at Noma is amazing. Every dish is a work of art, and the flavors are incredible. We had a lot of fun trying to guess what each dish was made of. Some of the highlights included a dish of roasted carrots with a carrot puree, a dish of grilled mackerel with a sea buckthorn sauce, and a dessert of frozen yogurt with a honey and pollen crumble.

The service at Noma is also excellent. The staff is friendly and knowledgeable, and they're always happy to answer questions about the food. They also have a great sense of humor, which made the whole experience even more enjoyable.

Overall, I had a wonderful time at Noma. The food was delicious, the service was excellent, and the atmosphere was relaxed and fun. I would definitely recommend it to anyone who's looking for a unique dining experience.





































Superbods of Boracay: Monika and John

By CHONE TEJADA

One week. That's how long it took to find the right guy and girl to represent Boracay in the Superbods of Boracay search.

Three days into the search, they're still overwhelmed. Each of the 20 finalists of Century Tuna Superbods 2012 went to their hometowns and spent — after months of training in fitness, grooming and overall personality development with the best in the industry — only a week to find the perfect guy and girl to represent Boracay. One woman's dream that might have dyed it at Antonio Pisco in Makati, it was a tough call. But there's no end to the search for the country's top and stunning men and women as we all expect to see more of two more in the weeks to come. The winners, we have definitely have busy times they took the crown.

Meet Monika Sta. Maria and John Quimbayo, two newcomers and relative unknowns representing Century Tuna and its namesake product, Superbods and Fitness Monika Medina Maria looks like the girl next door, only she called on the other side of Manila. She is a 20-year-old model with more than a few personal tags. John Quimbayo is a 19-year-old model with more than a hundred or more different brands.

In a interview with Bench, Monika: I've been there as a trainer over training the participants — no matter what — so I'm very much into fitness, staying healthy and fit, doing them thing and doing it well, blessed.

What was it like to be the different stages of the Superbods process, which did you find most challenging?

MONIKA: For me, definitely. I've been challenging for me was the question and answer portion. I have to say, it was really simple but having to answer a question can be quite an issue as a huge crowd listening to what you have to say is very much scary. So far.

JOHN QUIMBAYO: The hardest part, I won the gym. But I'm not talk, I'm with a one to a group of people I didn't know. I'm always afraid I'll say something wrong.

What kind of diet and exercise regimen should everyone to practice to get fit like Superbods?

MONIKA: The most important regimen is to have a balanced diet — eating. Whatever you eat. Actually do a lot of cardio and a leg.

JOHN: I didn't have to change much for the competition. I ate the same food, a lot of the same person have like yourself thing. I usually focus on cardio twice a week, but it works for most of the time for the competition. I see what I don't perform it, and I try to change it up, like, get protein at what I try to control the food.

What's your favorite sport/fitness activity?

MONIKA: My favorite fitness activity is jogging! It gives me the habit to either say simple things like what make that I need to accomplish for the day.

JOHN: I go to the gym for most. Fitness favorite activities are the one that gives the most calories burn in the shortest time. Cardio games, but overall, exercises that make sure that making short stretching, lifting, and controlling. It's hard to pick just one! It's the variety that makes it great!

What is your guilty pleasure?

MONIKA: My guilty pleasure is food. I love eating the heavy kinds of food! I believe that I should not take much amount so I can turn the different kind and then a regimen to it with exercise.

JOHN: Guilty pleasure. I'm a geek. I like to play on computer more than I play actual DVD. On more, I'm bored. I know there are supposed to be a everything that I do through there other.

JOHN: Well, I'm from where. There are some really crazy, funny videos people put out, and I love to laugh. Things like John Lennon and Jesus Film. That stuff is hilarious.

What's your dream gig?

MONIKA: My dream was to endorse products that are close to my heart — this is why I joined Century Tuna Superbods, and I had the good fortune of winning.

JOHN: To be in a movie filmed in many somewhere. A lot would, but it wouldn't be worth it at a women's away and serve Asia-Indian.

Have you ever been rejected? By whom?

MONIKA: I was rejected by Anne Curtis. She is such a confident and beautiful woman.

JOHN: Not really. I've been rejected to see some famous people, but I no longer a level level about it. There are enough of many people all the time. So I'm happy for me.

If you could follow in the footsteps of anyone, who would it be? Who would it be?

MONIKA: I haven't really thought of that. I do want to be me. I want to be me. I'm just trying to be the best at what I want to do, which is modeling, and hopefully in the future, acting. That's all.

JOHN: Ordinary. Many. Deep. Most of the characters he plays are the kind I would like to be. So, like, I like Spanner. I love how characters manage to somebody who we make, learn and interact. The regular the way I like to live my life.

How would you describe your personality?

MONIKA: My personality is by doing, as together with my mom. So I would say it's spontaneous.

JOHN: I'm a just back guy or I can't say — relevant casual clothing. Nothing too flashy and it has to make me and good around me.

Monika, women over age will begin looking up to you more now. What words would you have for them? What are you most passionate about and how would you like to contribute to society through this?

MONIKA: I am extremely most passionate about fitness. Being fit, eating healthy, and overall wellness. I want to tell other women you haven't about yourself and you're love to fit more things. I need to live with myself and my body, and other women to be more than I'm so happy, but now, there's no reason I don't feel that way. I'm just happy with myself and I am happy about the way I am.

JOHN: Healthy living. If you want to be healthy, you have to do what you want yourself. That will give you a solid foundation to improve the other aspects in life. I actually have the opportunity to do this through Century Tuna. People tend to know that being fit and living a healthier lifestyle is going to be rather difficult. That's not true. The more you look towards getting fit and healthy will also thrive.

How was your life like before the pageant? What kept you busy then?

MONIKA: I did photo shoots, television guesting, and I was also going to school. I wasn't doing lots of these, I still had met up with my friends and do acts. So I like everything in front line.

JOHN: I did a little bit of college but over but then started working as a studio like home.

Has your life changed in all now that you're a Superbod?

MONIKA: So, quite the same! I'm still doing fashion shoots and trying my best to manage. Now I'm just a bit more dedicated to eat healthy and be active. I'm not declaring my name that I'm up to the life of being Century Tuna's new Superbod together with John!

JOHN: I realize I meet more people and be looking up to me in some books. So I have to be more conscious about how I present my self.

What's next for you? What can your followers expect?

MONIKA: John and I are going to be making appearances for Century Tuna Malls and the rest.

JOHN: Definitely more modeling, but to do more than that I will need to know. Signing, I'm working on it.



Meet the winners and runners-up of the Century Tuna Superbods 2012 in John Quimbayo and Monika Sta. Maria



Miss Q'Tan Resort Jolina Sandoval



Miss Boracay Monika Sta. Maria



Century Tuna Jr. Superbod and Jacobs Century Tuna Boracay winners Jolina Sandoval and Monika Sta. Maria pose with Mr. John Bernstein and Ann Tiana Smith

Photos by JOHN DARLAN



Super Fit Ms. Andrea Sta. Ines of Superbods 2008



Judges Ogie Diaz, Jean Garcon, Ben Rivera, Cosme Centeno, Tim Yap



Judges Gina Garcia and Ariel Ureta

Singapore hotel cites Lyceum HRM student



SUMMER ALL YEAR-ROUND















Allure
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SUNDAY, APRIL 29, 2012
A Sunday Section of the Philippine Star


Gray herringbone jacket with tapered pants/ Cardigan and sleeveless cowl top with embellished


Tailored herringbone suit/ Collared top with beaded v-neckline and skirt


Asymmetrical plum-colored top/Jet with tapered collar and leather waistband pants/


Tan pinstriped blazer/ Cargo dress with collar detail



Clean, sophisticated works of art

Crowdown
by CARMIE JIMENEZ-ANDRADA

I envy Rajesh Gowdown's full understanding of clothes lines. His pieces are clean, sophisticated and — what makes me envy — works of art. I could look myself for art lessons, not Acrylic on canvas but those with zippers and buttons.

Rajesh Gowdown is a graduate of Advanced Pattern Making at the Fashion Institute of the Philippines. His first collection in 2004 was entitled Le Corbo Noire. Working a collection of 10 looks a month, he followed that up in 2005 with Luxor, an all-new collection, and promptly opened his atelier in the same year. He has since participated in Philippine Fashion Week's annual events of shows, his last collection in 2011 extraordinarily entitled Hipsicle Pedal Effect.

Rajesh's shirts are comfortable and versatile and he does not impose on business executives. He does not have a series of preferred customers and does not drop names. He is a quiet, down-to-earth dreamer and a connoisseur to be all about work. When off his classic schedule on Rajesh Gowdown men's wardrobe is the jeans and t-shirts of his choice and gives off an easy, charismatic appearance. He is the quintessential Gowdown woman — fiercely feminine in an artful but sophisticated look that showcases his sensitivity, an understanding of what makes her mind beautiful and there are thousand fabrications pieces for her world.

I understand the need to make elaborate, unwearable clothes during shows," explains Rajesh. "It's a show after all. But I am all about ready-to-wear clothes and wearables. Women who come to me understand that simple does not necessarily mean boring. My clients demand quality craftsmanship. Pieces say power. And that is what I give them. I am not driven by making tons of money. I am driven by creating beautiful, quality pieces that bring out the best in every client."

Fully understood. You had me at quality. This writer is a fan!

Photographs by BJAYNE CARENTA-ANDRADA • Art Direction by BENEDICTINE and JEFFY ANDRADA • Hair and makeup by KEP ROBLE of Salon Salon (MEP) for MAC • Model BEVERLY ZUMBRO • Shot on location at THE BELLEVUE HOTEL, Alabang, Muntinlupa City | BONIFACIO ARMATRO CHU, 27 Scanlon St., Brixton, San Juniper, Makati City)
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Black shift dress with fabulous cut-lace skirt detail.





The birthday celebrator, Philippine Constitution Association chairman and CEO Antonio Lorenzo Lazaro and wife Perla.



Hosts Jeff Lugi Benitez, Jake Maclaraid, Myra Lazaro, Shirley Rose Antonio and Anthony Lee.



Lolo Evangelista Mejia is joined with friends Lolo Jeff Benitez and Lolo Jake Maclaraid.



Hosts Lolo Dr. Florido Mejia Jr., Nina Lazaro, Manila Mayor Alfredo Lim, barkan Gazzole City Mayor Leonard Mathay Jr. and Nilda Mejia.



Manila Golf and Country Club special guest Minister Mariano Ta, Palo correspondent and Lyceo Rep. Marlon Fernandez and Judge Esperanza Mendoza.



ONLY YES, LO Johnny!
by JOHNNY LITTAU



Nina Maria Mejia, Manila Mayor and Nani Arnaiz.



Hosts Lolo Jeff Benitez and Angelina Cayanga in matching Barbara Pinoy and Rico Lazaro.



Angelina Cayanga hosts Malabanias and Ty Ortal in Cayanga and Pangasi.

A birthday party for Lolong

"We never take life seriously but never stop to laugh every day." Emily Dickinson



Lolong Nicolas and Chuck Lazaro.



Lolong Lazaro with friends and colleagues, Chuck Lazaro, Jean and Mon Tan and Albert Yao.

Celebrating his natal day at the Manila Polo Club recently was the legal luminary Manuel "Lolong" Lazaro. Currently the chairman and CEO of the Philippine Constitution Association (Philconsa), Lolong, with his loving wife, Rose, and children, entertained his close friends and loved ones, associates and colleagues at his birthday party, among his guests were Dr. Florido Mejia Jr., Manila Mayor Alfredo Lim, Angelina Cayanga, Manila Golf and Country Club special guest Minister Mariano Ta, retired Ombudsman Jamme Desierto, Sec. Dingdong Sinamar, Lyceo Cong. Rep. Bambit Marcos and Palo vice president and Lyceo Rep. Mitos Fernandez.

Many happy returns of the day, Lolong!



Lolong Lazaro, PCA Colleen Z. Lee-Salas hosting Barangay Kagawad Ma. Rebecca Angeles, Rebecca Tuazon, Nilda Valdez and Teresa Bolima Jr.



Hosts with Former Speaker Ben Nebe, Bibiano, retired Commissioner Antonio Kho, Deputy Ombudsman Orlando Casimiro, Opi Arias and Bayan Bolima.



Philip Tsoi, Orlando Sabino Jr. and Antonio Garcia.



Hosts Atty. Lazaro, Florido Lazaro, Tessie Cruz-Nieva and daughter Maria Lorenzo Nieva Sec. with National Labor Relations Commissioner Benny Ilo.



Lyceo Cong. Evangeline and Chuck Lazaro.



Student Lolong Lazaro and Frank Sinatra. Standing: retiree Lolo Tito and Tess Sinatra.



Lolong Lazaro, Mac Lincoln and Lt. Glenn Ong, YOU Mingo.

GREETINGS

Happy birthday to our celebrants today: **Philippine COAST** Guard Auxiliary commodore **Jingjing Cayanga**; Advanced birthday greetings to Manila Peninsula Hotel Barry Manila Ambassador and Chito Lacuata, April 30, Diosdado Rizal Cabanos, May 1, Rosie Romero, Miguel "Mike" Cayanga, Philippine COAST Secretary to Chief retiree Ma'a Bellmonte and Raul Dizon, May 2, Dean Tessa Mendoza, Col. Prakash Kumar, lawyer Karuna del Rosario, Ryan Carabeo, Monsignor Wilfredo Dela Rosa, Philippine Charity Sweepstakes Office Manager Atty. Aldo S. del Castillo Hernando and Zarah Bolima. May 3.

We love you very much!

(For comments or suggestions, please e-mail me at: jjittau@mydeal.com.)

PHILIPPINE STAR PHOTO SERVICE







The art of sole

MULTIPLE choice

by LUIS ESPIRITU JR.

Dance is a universal art form. Transcending through history and crossing over cultures and traditions, this artistic medium of expression has outgrown the test of time and has now evolved into an overwhelming showcase defined by countless genres. Modern as the art world have been documented for the extraordinary command of grace and astounding appeal of dance that it has become an inspiration to many pieces of creation. This notion is known to be one of the founders of impressionism, Edgar Degas. The outstanding French pastel has marked history with his portraits classical ballerina paintings. His documented ballerina studies, called pregnant pose and silhouettes, often times have become part of the major inspirations of 20th century painters such as Picasso. Today, his legacy is the art world treasure as its evolving into their quirky, wonderful creations.

In the Philippines, Ninfrey Dimaliwat Estimon the works of Degas by recreating his masterpieces with the latest collections of Australian Isabel Timmer (ART) called ART Spotlights. The global household name is also cited and interviewed dance company collaborate and introduce to the country authentic dance footwear for ballet, tap and jazz. Like art, this only produced four pairs of wonderful creations made from quality materials to meet the demand and needs of every dancer. The well-designed shoe collection showcases dance icons defining a dedicated time and evoking style in elegance.

Moving into the future, the look of dance is guaranteed into a whole new world of body candles I and style. Dancers unveil and go through endless "role searching" the Degas this pose. Ninfrey Dimaliwat's ART Spotlights collection showcases that art from by fusing fashion, form and comfort all into one.

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The secret is out!

Who let time take away the beauty of your eyes? Isn't it time you can look your most beautiful every single day? Now, there's a breakthrough hair technology that lets you repair the beauty of color-enhanced hair.

Struggle hair that's dull looking, frizzy, and split ends is the result. Professional Color when it comes to coloring. There are the blessings that come with the latest rejuvenating treatments promised to restore — beautiful hair that you wish might last forever. But after just a few months, you're back to square one, desperately looking for ways to regain that unmanageable condition. So you go back to your salon. To the rescue to regain the beauty of your hair is the latest pioneering effort by the hair monitoring, hair-color enhancing line under the beauty of straightened hair (and fingers).

Here you can have the power to enjoy the beauty of color-straightened hair longer. Keeping true to its mission of addressing their fashion hair needs, Pantene Pro-V, the No. 1 conditioner that Filipinas trust the most, proudly introduces ProNature Hi-Lites with its all-new protective specialist range specifically designed to restore the health that accompanies the full-bodied look of color-straightened hair for a longer period of time.

Perfection by Cyrano Silk features a superior technology called Keratinology, a breakthrough in hair science that is setting a new standard in hair health. The secret lies in its exclusive decreased water, smaller than some technology, it can penetrate up to three layers of the hair shaft and restore its core with the power of keratin to help remove unnecessary heat to optimize results, time after time.

The beauty of Perfection by Cyrano Silk is that it comes in straight and curly.

Perfection by Cyrano Silk Full-Bodied Straight Hair Treatment Conditioner, Perfection Textured Wash Infused Hair Treatment Leave-In and Perfection Straightening Serum — that gives you the perfect full-bodied straight hair that you desire. With these products, you can rejuvenate your color-treated locks. No hot rollers or hot irons needed. Good as one to help achieve a specific style, better when you use two, with straight perfect when all five products are used together.


Kristoffer Weber, the face of Pantene Hair by Cyrano Silk


Perfection by Cyrano Silk is specifically designed to restore the health and maintain the full-bodied look of color-straightened hair for a longer period of time.

Let him be up your style. With ProNature Hi-Lites Full-Bodied Straight Hair Treatment Conditioner, the promise of longer hair bigger days is now at your fingertips.

Chic and competitive

The latest city hot model!

Japanese car manufacturer Suzuki Philippines has lately boasts into the B-segment and rolls out the Suzuki Kizashi.

Bragging many senses for a "sure of great things to come". The vehicle will be specifically targeted for the discriminating and sophisticated executive that would truly appreciate Filipinos' further their into the highly competitive C-segment of the vehicle industry.

Thus, an exhilarating experience with Kizashi's powerful driving performance powered by its state-of-the-art 2.4-liter engine coupled with an Continuously Variable Transmission (CVT) with six-speed manual mode especially designed for whisper quiet yet powerful acceleration performance in low gears while enabling excellent fuel economy even in the highest gear setting.

Suzuki's exterior appearance is truly a sight to behold, a touch of radiant dignity with a refreshed sport dimension. Kizashi is equipped with intelligent and advanced controls like the Electronic Stability Program (ESP) that adds to the superb driving experience that showcases Suzuki's latest innovations and technology.



Beyond luxury: The interior

Elegance exuded in any room Kizashi's spacious cabin that offers comfort in premium class design of its kind. Each detail and craftsmanship is expertly designed to truly evoke a harmonious feeling for a premium driving experience.

The ergonomic design of the instrument panel is especially executed for the drivers' easy and comfortable control. The steering wheel is equipped with controls for tilt, telescopic adjustable steering wheel to fit all the different kinds of drivers. Dealer that sure can tell you that All the engine with a leather-grain feel system.

Soothe yourself with the comfort of Kizashi's sports interior seats for driving comfort. Sound of the drivers includes enhanced audio system. Integrated glove compartment box and center console storage box and soft-screen headrest.

Enhance your driving experience with a mellow sound of a seven-channel sound system with the audio system with an easy-to-use CD player, USB/iPod connectivity and auxiliary terminal for hands-on control panel.

Safety beyond standard

Kizashi was conceived with safety as a priority objective in the design of Suzuki's unique technology structure, compartment, impact-proof and rigidity, giving rise to its high standard safety features. It has deformation-resisting cabin structure and greater under floor strength, that might impact force in case of sudden collision. Its deformation that rapid absorber will is an extensive sound-insulation suppression that further reduces interference for a more quiet and relaxed, comfortable ride.

Its airbags are included in 6 standard devices along with its ESP (Electronic Stability Program) that maximizes the driver's control and stability in various conditions. A highly rigid and light body structure provides great safety features. It has sufficient with Braking systems to ensure that the ride is smooth and quiet at all times. The engine is also reinforced for added stability and great control.

The ABS (Anti-lock Braking System) is equipped with the sophisticated four-wheel disc brakes, great to stop from cruise, not only for hands but for our loved customers as well. We are telling out the Kizashi with high confidence that you can enjoy driving with supreme safety and security. Kizashi will usher in a heightened appreciation for luxury automobiles, a specific model for Suzuki. Philippines. Premiered Suzuki Cielo.

Allure
LOVE LOOKS RELATIONSHIPS
A Sunday Section of the Philippine STAR



beginnings

The art of saving money for a rainy day

UNCONVENTIONAL CHIC LACOSTE



Scent-sible at home







The art of...







JEWELS

Make your golf swing count

When happened at the 5th Tabang Golf Tournament was an overwhelming display of kindness. About a hundred golfers played recently at Wack Wack Golf and Country Club to give their support to the more than 300 grade school and high school students of the Divine Shoots academy in Cainta, Rizal.

"Tabang means 'help' and your golfing rules will help our students fulfill their desire to complete their grade/education of grade school and high school at the Divine Shoots Academy," said Fr. Gerard Devoca of the retreating missionaries of the Immaculate.

Tabang Ground Inaki Academy in 2003, starting with funds enough for one Kindergarten classroom with 15 students. Through the help of generous friends, benefactors and the Foundation servants, the school today has grown to accommodate 525 students in a newly grown campus.

The members of the foundation include Tito and Sybee Mobarak, Lucy Lee, Art Sy, Edwin Tong, Authorel and Linda Ito, Tessie Sy-Coson, Gina Alvarado, Grace Rotondo, Bessy Sobrino and many more.

Because Father Lucian dreams of increasing the school for his students, he devised a golf tournament to solicit funds — to ask P5K from each player he meets. "I have no millions of people, young and old, here and all over the world, who would each afford to give 100 pesos. If they all donate P5K to collect P50 from the four friends and family, the Divine Shoots Academy could go on providing quality education for many generations," Father Lucian said.

The "5K Tabang Golf Tournament was a big success with golfers making sure they every swing at the green was counted for the benefit of the students of the Divine Shoots Academy. Jay Sandejas of Team Legend, who was the champion in the Class C division of the tournament, said:

"It was a nice tournament. Golfers came to support this worthy cause. God brought us such warm, enthusiastic people."

The Tabang Servants Foundation was also honored to have Lifestyle and culture editor Rina Jimenez-David, a new inter-Catholic Mass Media awardee, as emcee of the awarding program that afternoon, with Ding Mercado as co-host. Rina also wrote a column article about Father Gerard's dream for his students to continue their education without fear for the cost. P5K per? The article went. Rina, the Lordfree Schoolmate donated for the continuing scholarship of six young and talented students.

"With people who open their doors for us, I can confident the good God will help us achieve our dreams for our students. I also thank our numerous sponsors and players of the 5th Tabang Golf Tournament. May multiply in grace. God bless us all," Father Gerard said.

(If you want to donate P5K please call Father Gerard at 0917-5320013. Please share your stories at mabangtours@yahoo.com.)



The 5th Tabang Golf Tournament organizers (from left) Fr. Gerard Devoca, Margarita Kasuya, Lourdes Sayno, Gina Gonzales, Rina Gonzales-David, Paulo Sandejas, Danny Dolores, Paulo Fajardo, Fr. Gerard Devoca and Sonny Ayuyo.





SOUL
by Jaime L. Jacinto

Shift energy

The year 2012 is being announced as a year of the earth. For people interested in the "shift," let the progress read us, not we who are keen to shift. Some others, why and what do we shift from? One fast shadow we want to look at this great time is that of energy — how we manage it and how it affects us. How we use electromagnetic energy affects us at least to consciously close one to a new kind of life, and new way of managing our personal energies vis-à-vis the energies of our environment and our connection to the divine. Do we need to shift our energy? Barbara on LifeWorks is getting unmistakable: too much stress, work/life balance is off. Chronic sicknesses are ongoing, which are either connected to our genes, found in the food we eat, or we breathe in the water we drink. Add to this the stress caused by the congested environment and the fast-lane lifestyle we have chosen in the name of profit-making or even financial survival, and even the attempts to balance our time crunch that serve as the only escape of our stress. The list can go on. We already know that we can't.

I propose we look to our own personal energies as clues to something we can change. Not only do we have to control the tornado a life of wellness, I was listening to a talk by an international healer, Master Choa Kok, who emphasized that our personal energies are our portals to balance the physical, vitality, the longevity, our emotions, our mental and spiritual dimensions. We have to gain our energies back to the saving of Life. Meaning, we need to find balance in our physical body where we have a residence that serves the body as the life force can breathe there. The body is our vehicle, which is the animal quotient. Vitality is life's energy that is positive, productive, life-giving, happy and dynamic. It gives us the zest for life. It is one of the secrets to happiness. Energy per se does not have quotient issues that we need to face; our subconscious tensions, fears and addictive impulses are some issues, but I think our energies are affected by our relationships to other people or issues and are lost if we survive positive energy from our families, then we are balancing this part. Our mental energies, there's the connection of changes we want in our life. We think with intention and thought for any event for reality in our lives — this is if we are not blocked there with fear, concentration or even "small minded" thoughts, which can be so subtlety exercised. Mental energies being balanced can also mean strong intentions and creative changes in life to ongoing positive shifts that in turn will affect new skill and techniques for new relationships and other changes we do not know yet, and even environmental issues for the happy community of society.



Illustration by Victoria Mirallosa

The Shift quotient often happens in the spiritual quotient. When we shift the perspective that everything in this life is meaningful, that "the world we live in now is always changing, that nothing is permanent, we bring our consciousness to our mindful side considering Sophie Oman post our personality and make life "Dance to something greater beyond us — God, the Universe, the Great TAO, Within — that is shared by humanity. They belongs to the spiritual realm. And here is the secret: the spiritual realm is where energy resides. For us to be effective, we must first deep inside ourselves to find free spiritual health, and this will open us up to a variety of functional and energetic Deep awareness and conscientious to our own beingness is a spiritual Deep integration in beauty, truth nature, with the universe, a spiritual Being. Through the energy flow, as the transcendence of our minds beyond thinking of our emotions and we are already, recognizing we are already connected to our personal energies to put trying to be in harmony with the universe. Knowing what questions we are working at — physical, working for results, the mental, or spiritual. Aware that we are really working in this quotient present moment of our lives, and that we have each action can be updated by curiosity of love and kindness. Each thought and action can be updated by curiosity, compassion. By this manner to awareness of the importance of our life, we build on that quality of energy, awareness, sensitivity, authenticity. Surely, the essence of the day, if this moment and the people around us, now I offer to us as much. This shift is a consciousness point of awareness a habit and not up a state where we find we are really more involved in a different level.

So, one of my shifts since I did these 30 day personal habits and changes each of us makes to what we choose. It's a shift in the way we choose to be, and choose to live within a world we can choose to change.

Fun in the kitchen

Putting food on the table is an issue for most. That's why most people regard cooking as a chore and think of the kitchen as literally a pressure cooker.

Not for the quarter of chefs who attended and participated in the Cooking Place, a different kind of cooking school located in the Shangri-La's Boutique Center in Ortigas. The school recently launched a cooking class for children, "Kids Kitchen Cooking," where young school lovers learned basic cooking skills and had fun in the process.

"As opposed to professional cooking, recreational cooking is an activity we can all engage in," said Chef Jessie Sincioco, owner of The Cooking Place and chairman of the Culinary Arts Council of the Philippines. "Cooking is a skill we can all learn and develop. It is also a way to relax and unwind."

Sincioco, who is also a consultant for Shangri-La Boutique Center, said that the school's cooking classes for children are designed to help them appreciate food and develop their interest in cooking.

"Children are the greatest influencers in the household. They can convince their parents to buy a particular brand of food or to eat in a certain restaurant. We want to teach them how to cook so that they can also influence their parents to cook at home," she said.

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The Cooking Place chef, assisting a young student, shows her how to mix and season the food. The chef believes cooking can be a fun activity for children right in front of the parents.



Kids and adults alike can take lessons at The Cooking Place.

Fun education is a basic foundation's main educational objective, Sincioco said. Known by what founded The Cooking Place along with fellow chefs Jau Vergel, Paul Sancianco and Dennis Que. "The idea for this cooking school came about after we saw the lack of places wherein food enthusiasts or people who want to learn how to cook can go to learn about cooking with others as a fun and relaxed activity," she said. "Here, people can get together and learn at the same time."

The ambiance and design of the cooking school is indeed more relaxed compared to others. It is a good venue to invite relatives or friends to cook together. It also has a homey rather than professional kitchen as its workshop area, along with a dining room where students can gather after the class to eat what they cooked.

We need superheroes

In a place where things are mundane, superheroes are needed to save the day. Metropolis, Gotham City, Smallville? Nah.

With the coming of "Earth's Mightiest Heroes," Ancient-1 and Dormammi are up to no good (you're supposed to say that in a very deep voice) as they attempt to pervert the time-space continuum. Looking to the pervasive evil the mystic sorcerers? Marvel's The Avengers movie, all Ancient-1 teaches with the banner to an enormous assembly of superheroes to save the world from Dormammi, the Marvel's The Avengers theme superstar. It will highlight the Dream Home Package prizes.

To an unlucky trader, Ancient-1 proves to be the perfect problem for Dormammi's efforts under usage of high quality home appliances. A renovated kitchen, bedroom and living area needs more in all to some of the set rooms all over Metro Manila, which with the Dream Home Package prizes consumers will be taken to a home entertainment Power Combo for the most An living room!

After all, as the process leading someone to some extent is almost a The Avengers' perfect gift for a new renovated home.

Overall is the Avengers' perfect gift for a new renovated home.



Ancient-1's Sanctum from until four 30 and take advantage of the Dream Home Package prizes. The shoppers come on fantastic occasions.

Marvel Studios presents The Avengers — the superhero team-up of Ultimate Spider-Man super-villains Hulk, Thor, Captain America, Iron Man, Hawkeye and Black Widow. When an unexpected enemy emerges and threatens global safety and security, Nick Fury, director of the international peacekeeping agency known as S.H.I.E.L.D., must put together a team of the world's most powerful heroes to save the world from the brink of disaster. Spanning the globe, a first-of-its-kind cinematic event has begun.

The Avengers features Robert Downey Jr., Chris Evans, Mark Ruffalo, Chris Hemsworth, Scarlett Johansson, Jeremy Renner and Tom Hiddleston, with Academy Award winner and Samuel Jackson in Nick Fury. To be directed by Joss Whedon, from a story by Zak Penn and Whedon, the film is produced by Kevin Feige. The screenplay is based on the Marvel comics by Stan Lee, Jack Kirby and Steve Ditko. The movie is slated for release in 2012.

SUNDAY COMICS

APRIL 29, 2012























ANDY CAPP by Smythe




Archie
Classic PEANUTS
SCHOOL ZONE

B.C.

BY MASTROIANNI AND HART







OVERBOARD

BY CHIP DUNHAM



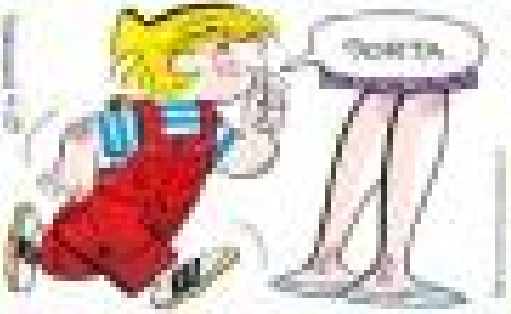
Dennis the Menace

Ruff and Ready













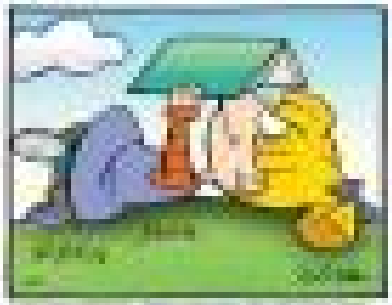


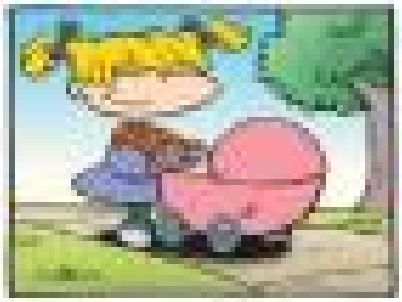


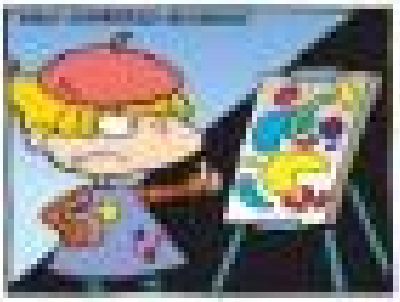
CLASSIC Rugrats



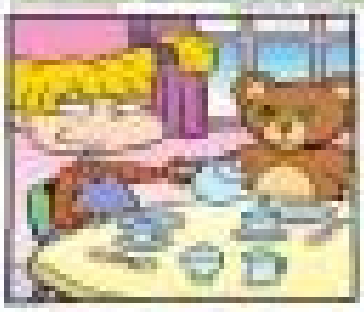



















RAN
TAKE!
FOLLOW!
FWUU!
FWUU!
FWUU!
FWUU!
FWUU!
NEXT: POWERFUL WAVES!


THE PHANTOM
LEE FALK
A MESSAGE TELLS OF A DARING CRIME IN THE RUNNING!


MAYBE IT WAS ALL JUST FAURY
BUT I DIDN'T THINK SO!
WHY TELL ME? WHY NOT THE WARDEN?
WHY ORDER ME FOR RUNNING? WE WERE RIGHT OF RAPTURE!
AND IF YOUR INFORMATION IS WRONG, YOUR LIVES, YOUR PRIVILEGES, WRONG!
BACK IN A CELL BY HOURS A DAY!
WITH YOU'LL FOUND IF THOSE GUYS ARE REALLY THERE, YOU DO WHAT YOU HAVE TO!
AND IF I FIND THE POWER HOUSE EMPTY!
NO WARM DONUT FOR YOU, A VACANCY!


Mort Walker
beetle bailey

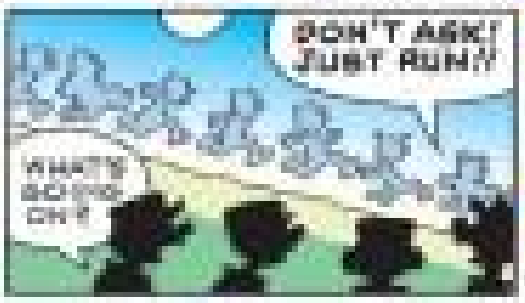

I'M GETTING A SIGNAL
Ring!!


NO WONDER LOOK AT THE TIME!


I GOTTA GET TO THE DONUT SHOP BEFORE IT CLOSES!


I HAVE SOME MESSAGES FOR YOU SARGE
I CAN'T STOP! TELL ME AS WE'RE RUNNING!


LOOK AT THEM GO! MUST BE SOME KIND OF EMERGENCY!


DON'T ASK! JUST RUN!!
WHAT'S GOING ON?


DARN! JUST WHEN I WAS READY TO CLOSE UP AND GO HOME!


BLONDIE






OH GOSH! HERE, TURN AROUND, QUICK!
WHAT'S WRONG, DAD?


BLONDIE!
WHAT'S UP WITH DAD?
BOY! LOOK AT HIM FLIP!


THAT WAS TOO CLOSE FOR COMFORT, DARTHULA!
CONGRATULATIONS!


HERE! GO, GO! I CAN'T BE LATE FOR WORKING!
I WONDER WHAT WAS THAT ALL ABOUT?


OH YOUR! I JUST GET A NEW RECORD FOR USING BLONDIE GOODBYE IN THE MORNING


YOU'RE A REAL PIECE OF WORK, YOU KNOW THAT DAGWOOD BUMSTEAD?
YEP, A REAL PIECE OF WORK WITH A BRAND-NEW RECORD TO BUILD ON TOMORROW!


AMAZING SPIDER-MAN
THEATRE and the THREAT!


Super Sentai Weekly
GET YOUR 32-PAGE SUPA STENTAI MAGAZINE
Stocks Limited


The Philippine
Starweek
A FIELD
where
DREAMS
can come true

The Philippine Starweek
THE SUNDAY MAGAZINE OF THE INQUIRER GROUP
[illegible] Vol. [illegible] APRIL [illegible] 2011

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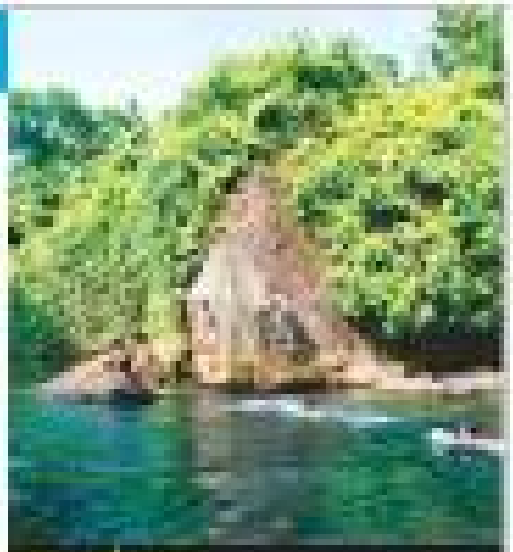
Starweek is published every Sunday by PHILSTAR DAILY, INC. with editorial and business offices at 202 Rizal Ave. Ext. and Railroad Street, Port Area, Manila. Telephone nos. 527-7777 and 527-7666 to 77 and Manila 1003. EDITORIAL E-mail starweek@philstar.com The publisher reserves the right to accept or reject editorial and advertising material. Unsolicited manuscripts, photographs and artwork will not be returned unless accompanied by a self-addressed envelope with sufficient return postage.

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16 Spot the Changes



Dr. Horace [illegible] Sala

today counts

Jehovah Ra-ah (God our Shepherd)

May the God of peace... that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Hebrews 13:20-21

"What I believe about God," said a W. Town, "is the most important thing about me." But the problem is that most of us aren't sure what we believe about Him. Most of our knowledge and images of God are leftovers from our parents or bad experiences that we conclude are reflections of God.

Now is a more personal and comforting than the one used by David in Psalm 23 where he called God Jehovah Ra-ah, or "God my Shepherd." David began, saying, "The Lord is my shepherd..."

Some animals can outrun their enemies. They are fleet of foot, but not sharp. Others have great strength. They can defeat their enemies, but not sharp. Yet others can hide from their enemies. They [illegible] blend to camouflage. But not sharp. Sheep are completely dependent on the shepherd for protection and guidance. Sheep need help when they fall, strength when they are weak, and direction when they are lost.

Is it any wonder that Jesus looked upon the multitude who had come to hear Him speak, and seeing their needs, was moved with compassion, describing them as "harassed and helpless, like sheep without a shepherd" (Matthew 9:36)?

Long ago the prophet Isaiah described us as sheep who had gone astray. He said that "each of us has turned to his own way," and in these simple words, we have the dilemma that confronts us. Having turned from the care of the shepherd, we have strayed far from the Kingdom of peace. Jesus said, "For the Son of Man came to seek and to save what was lost" (Luke 19:10).

A good name is more desirable than great riches; to be esteemed is better than silver or gold. Rich and poor have this in common: The Lord is the Maker of them all. A prudent man sees danger and takes refuge, but the simple keep going and suffer for it. Humility and the fear of the Lord bring wealth and honor and life. In the path of the wicked lie thorns and snares, but he who guards his soul stays far from them. Train a child in the way he should go, and when he is old he will not turn from it.

Proverbs 22:1-6

Hospital Income Benefit Plan

COVERAGE WHEN IT COUNTS.

When your health is challenged by a medical condition, you fight a long and costly battle.

The Hospital Income Benefit Plan is a hospitalization plan for citizens aged 20 to 64 years old. Coverage and payment periods last up to age 70. This provides fixed cash benefits based on the plan chosen at the time of enrollment. Protection may be extended to your spouse and/or your children. With additional cash benefits for confinement due to Dread Diseases and prolonged stay in the hospital, Paramount Life truly wants to help you fight and win your battle.

The Benefits

- Up to **P5,000*** Daily Cash Benefit for hospital confinement.
- Double Daily Cash Benefit for hospital confinements due to dread disease.
- Up to **P60,000*** Convalescence Benefit for prolonged hospitalization of 30 days or more.
- Guaranteed coverage for pre-existing conditions after two years of the policy's date of effectivity.
- Special one-month Waiver of Premium Benefit.
- Inflation Benefit that increases the value of all your benefits by 20% over the next 3 years at no extra cost.

*Based on Plan 5000

Pre-existing Conditions

To keep premiums low, no benefit shall be provided, during the first two years, for Hospital Confinement resulting from an Injury, Sickness, any Dread Disease or Pre-Existing Condition for which you or a Covered Family Member have received treatment or advice for treatment or medication prior to the Effective Date or date of last reinstatement of this policy.

A Pre-existing Condition is defined as any Injury or Sickness or any covered Dread Disease which have been diagnosed, or have required medical treatment prior to the Effective Date or date of last reinstatement of this policy.

PLAN 1000
PAYS P1,000.00 A DAY FOR EVERY DAY CONFINED IN A HOSPITAL

Age of Policy Owner	Annual Premium	Semi-Annual Mode	Quarterly Mode
20-29	1,296.00	662.00	336.00
30-34	1,296.00	662.00	336.00
35-39	1,296.00	662.00	336.00
40-44	1,296.00	662.00	336.00
45-49	1,296.00	662.00	336.00
50-54	1,296.00	662.00	336.00
55-59	1,296.00	662.00	336.00
60-64	1,296.00	662.00	336.00

PLAN 2000
PAYS P2,000.00 A DAY FOR EVERY DAY CONFINED IN A HOSPITAL

Age of Policy Owner	Annual Premium	Semi-Annual Mode	Quarterly Mode
20-29	2,592.00	1,324.00	672.00
30-34	2,592.00	1,324.00	672.00
35-39	2,592.00	1,324.00	672.00
40-44	2,592.00	1,324.00	672.00
45-49	2,592.00	1,324.00	672.00
50-54	2,592.00	1,324.00	672.00
55-59	2,592.00	1,324.00	672.00
60-64	2,592.00	1,324.00	672.00

PLAN 3000
PAYS P3,000.00 A DAY FOR EVERY DAY CONFINED IN A HOSPITAL

Age of Policy Owner	Annual Premium	Semi-Annual Mode	Quarterly Mode
20-29	3,888.00	1,986.00	1,008.00
30-34	3,888.00	1,986.00	1,008.00
35-39	3,888.00	1,986.00	1,008.00
40-44	3,888.00	1,986.00	1,008.00
45-49	3,888.00	1,986.00	1,008.00
50-54	3,888.00	1,986.00	1,008.00
55-59	3,888.00	1,986.00	1,008.00
60-64	3,888.00	1,986.00	1,008.00

It's so easy to enroll!

1. Look at the chart to determine the monthly premium according to the plan desired.
2. Complete the Enrollment Form.
3. Sign and date the Enrollment Form. Remember, you should be the one to sign the form. Cut the completed form and mail it to:

Hospital Income Benefit Plan
[illegible]

PARAMOUNT DIRECT
772-9264
smart: 0920 825 0287
globe: 0905 343 8186
sun: 0922 880 4041
e-mail: [illegible]
website: www.paramountlife.com.ph

Special Enrollment Period Ends:
May 29, 2012
10-DAY FREE-LOOK GUARANTEE

OFFICIAL ENROLLMENT FORM

Please send me my HOSPITAL INCOME BENEFIT PLAN policy.

Mr. Mrs. Ms.
(Name) (MI) (Last Name)
Address
(No./Street) (Subdivision)
(Mobile No.) (Telephone No.)
(TIN (SSS/GSIS))
(Date of Birth) (Age)
(Place of Birth) Male Female
(Occupation)
(Name of Employer)
(Zip Code) (Office Tel. No.)
Indicate the person to be insured
Owner Husband/Wife/Spouse Kids
Please check the plan you require
Plan 1000 Plan 2000 Plan 3000

Fill out if you wish to enroll your family

NAME	AGE	BIRTHDATE
Child		
Child		
Child		
Child		
Husband/Wife/Spouse		

Applicant's Signature
Date

Credit Card Authorization (Property of Insurance Co.)
I authorize Paramount Life to charge my premiums to my credit card
American Express VISA
Any Other Credit Card
Cardholder's Name
Card Number
Valid Thru
Billing Date
Amount

I hereby authorize my credit card to be charged for the amount of premium indicated above. I also agree that Paramount Life may charge my credit card for any premium due on my policy. I also agree that such charge may be made on the billing date or any date thereafter. I further agree that I shall not hold Paramount Life liable for any damages resulting from the charging of my credit card.

Cardholder's Signature
Date

Underwritten by:
Paramount Life & General Insurance Corporation

Marketing Partner:
DMA Insurance Agency, Inc.

A FIELD where DREAMS can come true

By Paola S. Barroso

DESPITE THE UNRELENTING, SCORCHING HEAT

The Little Kickoff project is a nine-week football training program organized by the Iloilo Chamber International Motors (IC) Manila and Concut Buildings (CB) and supported by various private companies like Toby's as well as sports groups like Power Puffs, Puffed Pilipinas, Homeless World Cup, Palladones and Rikad FC.

It will teach the children proper stretching, basic footwork, passing, game rules, and the mechanics of what is regarded as "The Beautiful Game." It will culminate as a tournament to be held next month at Iloilo's Mirasol's "Field of Dreams," formerly a huge garbage dump that was closed and flattened for a soccer field and a football diamond by the partnership of CIK and IC.

All participants will also be given school supplies and other items needed for the coming school year.

Alan Tolentino, the IC's point man for the football training program, says the Little Kickoff project aims to entice the children into sports and divert them from the dangers and bad influences in the streets.

Page 4, please



Your Greatest Defense Against the Unexpected.

The Money Shield Plus Plan is a combination of life, accidental death and hospitalization insurance for clients aged 20 to 54 years old. This plan gives you a 10-year payment period and provides 18 years of coverage. Also, it provides an Inflation Benefit that increases the coverage value by 30% on the 2nd year up to the 6th year of the policy. Included is a written guarantee to return all premiums paid after 18 years, provided that no hospitalization claim was availed of during the period of coverage. Should claims be made during the 10-year period, a return of premium can still be collected minus the total amount of hospitalization claims.*

*Benefits and premium amounts vary based on age and mode of payment. Refer to actual illustration for details of coverage and benefits.

Who are eligible to enroll.

1. You must be between 20 and 54 years old at the time you enroll for the Money Shield Plus Plan.
2. You must be a resident of Metro Manila, Luzon, Visayas, Cagayan de Oro, Iligan City, Bukidnon, Surigao, Butuan or Davao City.

PRE-EXISTING CONDITIONS

To keep premiums low no benefit shall be provided for Hospital Confinement resulting from a sickness or injury for which you received treatment, or you have consulted a physician for treatment or you have been taking medications during the 12 months prior to the effective date of this policy until you are free of treatment or consultation or medication for 12 consecutive months.

MONTHLY PREMIUMS

Issue Age	Plan 100	Plan 200	Plan 300	Plan 500
20 - 29	₱ 132.00	₱ 650.00	₱ 1,158.00	₱ 2,318.00
30 - 34	155.00	768.00	1,367.00	2,735.00
35 - 39	187.00	930.00	1,654.00	3,308.00
40 - 44	457.00	1,371.00	2,286.00	4,572.00
45 - 49	556.00	1,660.00	2,763.00	5,526.00
50 - 54	853.00	2,471.00	4,089.00	8,178.00

LIFE BENEFITS

Mode	Plan 100	Plan 200	Plan 300	Plan 500
1	₱ 100,000	₱ 200,000	₱ 300,000	₱ 500,000
2 - 10	130,000	400,000	780,000	1,300,000

ACCIDENTAL DEATH BENEFITS

Mode	Plan 100	Plan 200	Plan 300	Plan 500
1	₱ 200,000	₱ 400,000	₱ 600,000	₱ 1,000,000
2 - 10	260,000	800,000	1,200,000	2,000,000

DAILY HOSPITALIZATION BENEFITS

Mode	Plan 100	Plan 200	Plan 300	Plan 500
1	₱ 500	₱ 800	₱ 1,500	₱ 2,500
2 - 10	650	1,150	2,250	3,500

*For other plan options, please contact us.

PARAMOUNT INSURANCE

772-9264

email: info@paramount.com.ph
www.paramount.com.ph

It's So Easy To Enroll!

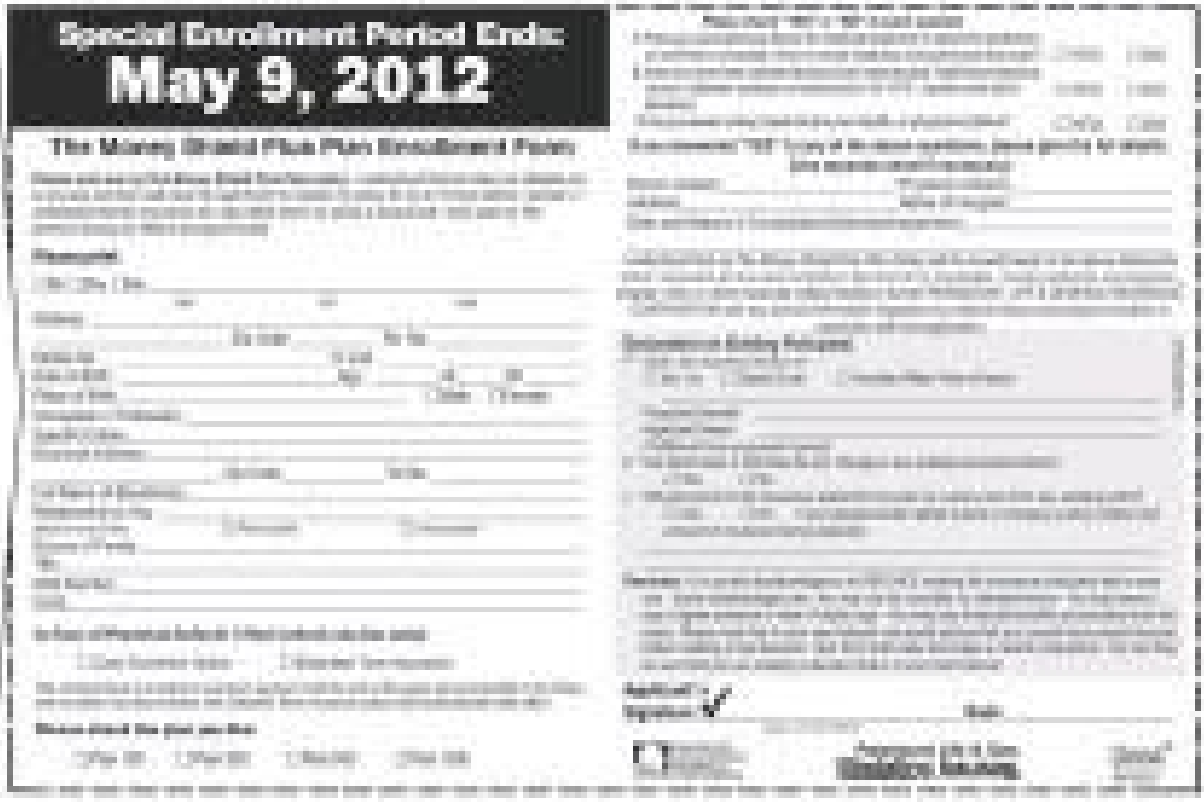
1. Look at the chart to determine the monthly premium according to the plan desired.
2. Complete the Enrollment Form. Be sure all questions are answered.
3. Sign and date the Enrollment Form. Remember you should be the one to sign the form.

Cut the completed form and mail it to:
Paramount Life & General Insurance Corporation

Money Shield Plus Plan
14th Flr. Rapid House, 115 V. A. Rufino St., Legaspi Village, 1229 Makati City

Special Enrollment Period Ends: May 9, 2012

The Money Shield Plus Plan Enrollment Form



A field...
From page 4

"One thing that we would like this place could at present to do is to help build the dignity of the people, especially the kids, because you know the stigma surrounding us, that we are people of garbage, that's one thing we want to achieve – to develop them on sports and then someday, they may become athlete scholars," says Nonoy Marquez, the CIC's director for its various projects in Smokey Mountain.

"The impact of the project is significant – if there's no field, no sports, where do you think these kids will be?" he adds.

Marquez says there are about 2,000 families or about 10,000 people in Smokey Mountain and 10,000 of them are kids.

"Many of them are not studying, so what we did is request that if you







want to play with us, you should study," Marquez says.

"We start them early," he says as evidence to consistently find many of the kids were to young. He says CIC and ICT started a football program more than a year ago when the field just opened but that in the last few it is being expanded to involve more children to get into the sport.

He says CIC and ICT learned from their successes on a similar project on softball and baseball where participants started young. Now, many of the children of the football program are scholars of the University of Sto. Tomas, De La Salle University, University of the East, Adamson University, and have competed and won in various national competitions.

He says he expects many of the participants of the Little Baskets to pursue more training and try to obtain scholarships and make a career in football.

"Nagbago po agad ito. Dati ang iyo ang napakamot ulo attitude ka, changed. Before always ganon," says Jhon Arnaiz, 13, who has been playing football for more than a year.

Through entering second year high school this June in the Tondo Pier public school in Smokey Mountain, Jhon looks like he is still an fifth grader due to his small stature, but Marquez says he is one of the best players.

Younger as a second at least, Jhon







says his mother sells food for a living while an older brother works as porter in a rice warehouse. His father died years ago of "pulot na sipa sa utak," presumably a stroke.

"Nakatulong po sa pagaaral ko, nagagamit ko po ako magamit (This helped me in my studies), I'm forced to study harder)," Elvin says.

He says he's still deciding whether to be a policeman or to be a member of the Philippine national football team.

Bella Belonio, a mother whose son Mikko is also into football in Smokey Mountain, says the sports program helped a lot in improving the situation of many children in the community.

"Naiiwasan nilang mag-and-umm nilang lumipat sa maayos. Dati walang sila [illegible] school, they have a worthwhile activity. Before they used to be very shy)," Bella says.

Because of the sports program, her son has gotten some assistance in terms of school supplies and she also volunteered to help other mothers in GK program where we sewing clothes for a living.

"Sa ngayon ako nagtitiis-tiisbay (Here I am now, acting as if I'm very busy)," she laughs.

"Sana naman ang mga program at gusto ng anak ko dito [illegible] ang gusto nilang manatiling sa futbol. (I hope my son's dream will come true and he can achieve whatever he wants through football)," Bella says.

JCI Manila president Rodney Dizon says the organization and GK aim to make the sports program sustainable with the help of friends and sponsors.

Dizon says JCI Manila has focused nearly all of its projects, including livelihood and health programs, in Smokey Mountain.

"You'd be surprised that we've been partners but we don't have any MOA (memorandum of agreement). It's just friendship. No document whatsoever and my JCI national office was surprised. All these was just through a handshake," Marquez says in recalling the start of the "field of dreams" project.

He recalls that many people whom he does not personally know have started to take interest in the sports projects, including Toby Claudio, Juanna Representative Edgardo Angara, and Manila Mayor Alfredo Lim, who provided floodlights so that the children can play at night.

Marquez and Dizon say the children have realized that through football, there is equal ground – a real level playing field – for all.

Coaches from Ilog Futbol, Futbol Filipinas, Manuelo Marco [illegible] and [illegible] teach the kids of Smokey Mountain in [illegible] football training program of Gawad Kalinga and the Junior Chamber International Manila

You can shape your Child's future for the better...with a College Education!

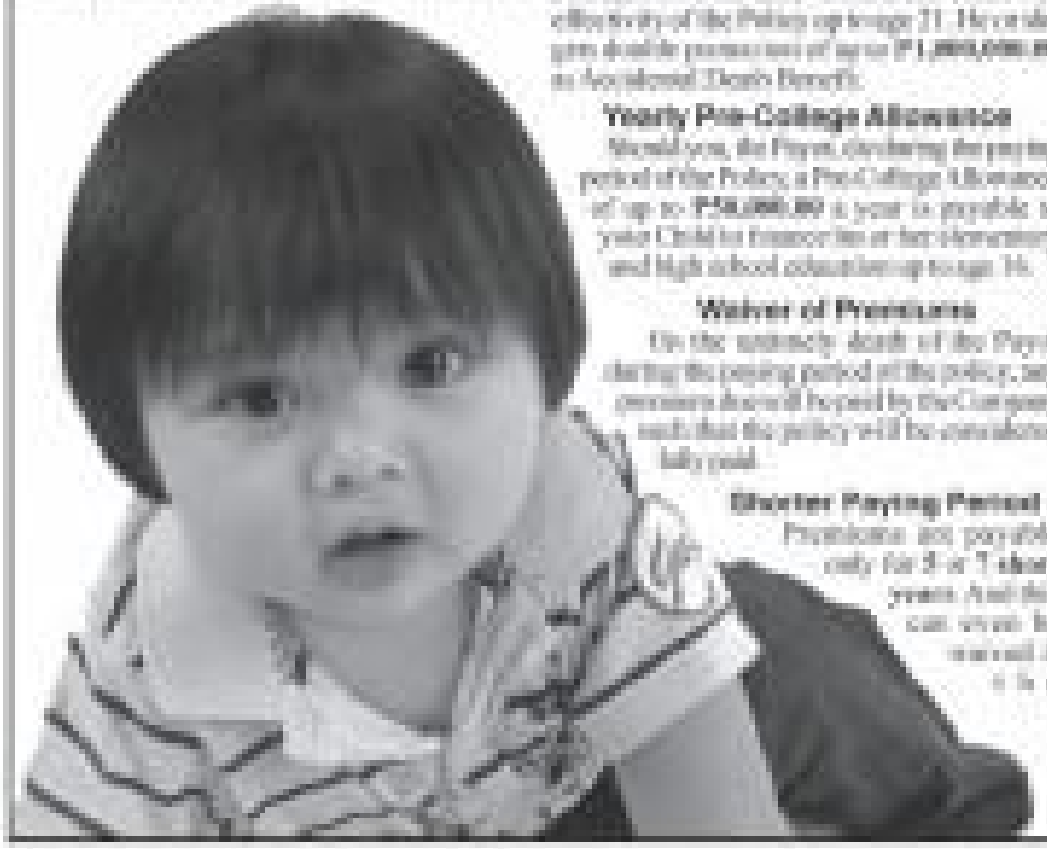
Let Philippine Prudential help you shape your Child's bright future with the Smart College Protector Plan! It is an affordable insurance plan, designed as an educational plan, so that your Child will receive a Yearly College Fund for 5 years. It will help pay for the tuition fees when he or she reaches the age of 17. It is an insurance plan that will help your Child get a good start in life with a college education.

"With Smart College Protector Plan, insured na ang anak mo, me pang-tuition pa!"

One of the most stressful events of a child's life that affects how well he or she will grow into a successful and competent adult is COLLEGE EDUCATION. Many, if not all, view education as a stepping stone in getting ahead through life's hardships.

But education is expensive in the Philippines, especially in private schools. Tuition fees not only escalate by 15%, it is much higher than that. But as parents, we only want the best for our children. So, have you made preparations for your Child's greatest future?

Philippine Prudential introduces the **Smart College Protector Plan**, a college educational plan that is designed as a savings tool to provide an amount of money when your Child reaches the age of 17. It contains a fixed amount of money depending on the plan chosen to cover most of your Child's college expenses. Unlike other plans that promise 100% of the tuition fees in the future, the Smart College Protector Plan provides a fixed amount of insurance coverage for your peace of mind.



Yearly College Fund

When your Child reaches age 17, he or she receives as much as **P180,000.00** a year as College Fund for five years or from age 17 to 21 for a total of **P900,000.00**. The amount you will receive, depending on the plan you choose, can help pay for your Child's college education expenses.

Life Insurance Protection

Your Child is also protected with as much as **P983,808.80** in Life Insurance from the effectivity of the Policy up to age 21. He or she gets double protection of up to **P1,893,696.00** in Accidental Death Benefit.

Yearly Pre-College Allowance

Should you, the Payor, die during the paying period of the Policy, a Pre-College Allowance of up to **P50,000.00** a year is payable to your Child to finance his or her elementary and high school education up to age 16.

Waiver of Premiums

On the untimely death of the Payor during the paying period of the policy, any premiums due will be paid by the Company such that the policy will be considered fully paid.

Shorter Paying Period

Premiums are payable only for 5 or 7 short years. And the cash can even be removed if it is a

Payor dies unexpectedly during the paying period.

Provide This Legacy to Your Child or Grandchildren

Parents or grandparents only want what is best for their children or grandchildren, showering them with gifts whose many of which outlive their usefulness. This time, provide a legacy for them by paying for the **Smart College Protector Plan** while they are still young. It ensures that you have the cash to put them in a good school when they are ready for a college education.

Eligibility Age

The acceptable insurance age for the child is from 0 to 14 years old while that of the Payor is from 18 to 65 years old. Payor can be parents, grandparents, aunts, uncles or even brothers or sisters.

Your satisfaction is our Concern

Send us money with your application. Once you receive your policy, review and study the provisions and if you think it is the educational plan for your child, then send in your first premium to immediately put the policy in effect. If you decide it is not for your child, you can always send the policy back to us. No questions asked, no obligation on your part.

Your Family is Safe with Us

Founded in February 1963 and is now celebrating its **49th year**, Philippine Prudential Life Insurance Co., Inc. remains to be a STABLE and financially strong company and continues to serve the best interest of our more than **1.5 million policyholders and their families** with over **Php 97 billion business-in-force**. Our company abides by the Insurance Commission's Insurance Code which safeguards the margin of solvency, security fund, asset values and investment restrictions. Our assets and investments are reviewed and audited annually. With the required Legal Policy reserves, our company is always ready to pay future claims and maturities.

TABLE OF BENEFITS

BENEFITS	Plan 50	Plan 100	Plan 200	Plan 300	Plan 400	Plan 500
Yearly College Fund						
Year 1 - Age 17	15,000	25,000	40,000	60,000	80,000	100,000
Year 2 - Age 18	15,000	25,000	40,000	60,000	80,000	100,000
Year 3 - Age 19	15,000	25,000	40,000	60,000	80,000	100,000
Year 4 - Age 20	15,000	25,000	40,000	60,000	80,000	100,000
Year 5 - Age 21	15,000	25,000	40,000	60,000	80,000	100,000
Total College Fund	P75,000	P125,000	P200,000	P300,000	P400,000	P500,000
Pre-College Allowance						
yearly until age 16	5,000	10,000	20,000	30,000	40,000	50,000
Life Insurance	50,000	100,000	200,000	300,000	400,000	500,000
Accidental Death	50,000	100,000	200,000	300,000	400,000	500,000

TABLE OF MONTHLY PREMIUMS

Age	Plan 50	Plan 100	Plan 200	Plan 300	Plan 400	Plan 500
0	533.00	1,066.00	2,132.00	3,198.00	4,264.00	5,330.00
1	538.00	1,076.00	2,152.00	3,228.00	4,304.00	5,380.00
2	543.00	1,086.00	2,172.00	3,258.00	4,344.00	5,430.00
3	548.00	1,096.00	2,192.00	3,288.00	4,384.00	5,480.00
4	553.00	1,106.00	2,212.00	3,318.00	4,424.00	5,530.00
5	558.00	1,116.00	2,232.00	3,348.00	4,464.00	5,580.00
6	563.00	1,126.00	2,252.00	3,378.00	4,504.00	5,630.00
7	568.00	1,136.00	2,272.00	3,408.00	4,544.00	5,680.00
8	573.00	1,146.00	2,292.00	3,438.00	4,584.00	5,730.00
9	578.00	1,156.00	2,312.00	3,468.00	4,624.00	5,780.00
10	583.00	1,166.00	2,332.00	3,498.00	4,664.00	5,830.00

Age	Plan 50	Plan 100	Plan 200	Plan 300	Plan 400	Plan 500
0	425.00	850.00	1,700.00	2,550.00	3,400.00	4,250.00
1	428.00	856.00	1,712.00	2,568.00	3,424.00	4,280.00
2	431.00	862.00	1,724.00	2,586.00	3,448.00	4,310.00
3	434.00	868.00	1,736.00	2,604.00	3,472.00	4,340.00
4	437.00	874.00	1,748.00	2,622.00	3,496.00	4,370.00
5	440.00	880.00	1,760.00	2,640.00	3,520.00	4,400.00
6	443.00	886.00	1,772.00	2,658.00	3,544.00	4,430.00
7	446.00	892.00	1,784.00	2,676.00	3,568.00	4,460.00
8	449.00	898.00	1,796.00	2,694.00	3,592.00	4,490.00
9	452.00	904.00	1,808.00	2,712.00	3,616.00	4,520.00
10	455.00	910.00	1,820.00	2,730.00	3,640.00	4,550.00

Who are Eligible to Enroll

1. The Child must be from **0 to 18 years old** while you, the Payor, must be from **18 to 65 years old**.
2. You must be a resident of Metro Manila, Luzon, Visayas or Davao.

How to Enroll

1. Fill out the simple enrollment form.
2. Remember to check the Plan desired and payment option.
3. Be sure to answer all questions, and don't forget to sign where needed.
4. Photocopy for a friend or relative. Share the good news!
5. Simply cut along dotted lines and send before the deadline date. Mail now!

CALL US at: 713-2710
711-9188 * 712-3756 * 712-3410
Look for Joel, Charie, Jenny, Marco or Abhnee



Philippine Prudential Life Insurance Company, Inc.

6th Flr., EU Ibaki Tower (The Mediacom 30 Quezon Ave. (between Corinthian and D. Tuazon Sts.), Quezon City
FAX application to: **713-3181**
E-mail us: directmarketing@philprudentiallife.com
Website: **www.philprudentiallife.com**

SPECIAL ENROLMENT DEADLINE: MAY 9, 2012, WEDNESDAY.

BRIGHT COLLEGE PROTECTOR PLAN ENROLLMENT FORM

Please enroll me in my Bright College Protector Plan policy. I understand that my coverage will take effect only when my policy is issued and I have paid the first premium during my lifetime and good health.

(PLEASE PRINT)

INFORMATION ON OWNER/PAYOR (Ages 18-65 years old)

Full Name of Mr. Mrs Ms. (Nickname)

First Middle Last

Address

No. Street City

Zip Code Tel. No./Fax

E-Mail Cell Phone #

Birthdate Birthplace Age

☐ Male ☐ Female Height Weight

Occupation/Profession Company

S.S.S./GSIS # Source of Income

INFORMATION ON SCHOLAR/INSURED (Ages 0 to 18 years old)

Full Name

First Middle Last

Address

No. Street City

Zip Code Tel. No./Fax

Birthdate Birthplace Age

☐ Male ☐ Female Height Weight

Relationship to Owner/Payor

Beneficiary

Please check one only ☐ Revocable ☐ Irrevocable

Relationship to you

I wish the coverage of:

☐ Plan 50 ☐ Plan 100 ☐ Plan 200 ☐ Plan 300
☐ Plan 400 ☐ Plan 500
FOR 5 YEARS ☐ 5-Pay Plan ☐ 7-Pay Plan

IN CASE OF PREMIUM DEFAULT, I WANT:

☐ Premium Loan ☐ Cash Surrender ☐ Paid-Up Insurance

The moment there is a default in premium payment until the end of the grace period provided in the Policy and no option has been elected, the Paid-Up Insurance Option shall automatically take effect.

	Owner/Payor		Insured	
	YES	NO	YES	NO
1. Have you consulted a physician for medical attention or surgical advice, or been confined in a hospital, sanatorium or similar institution during the past five years?				
2. Have you ever been told that you had cancer, diabetes, epilepsy, mental trouble, high blood pressure or tuberculosis? If "Yes", underline which ailment.				
3. Do you know of any impairment to your health or physical condition?				

If your answer is "Yes" to any or all of the above questions, please give full details below including doctor's name and address/hospital/clinic/facility or pertinent medical records.

Other Insurance Policies:

Will there be a change in any existing insurance in force? ☐ Yes ☐ No
Will it be replaced by the policy upon which this application is based? ☐ Yes ☐ No
If any of the answers is "Yes", please complete a Replacement Application Form that we will send you.

I understand that this medical is based solely on the above statements which I represent are true and complete to the best of my knowledge and belief. I authorize any physician, hospital, clinic or other medical institution having to furnish Philippine Prudential Life Insurance Company, Inc. with any information concerning my medical history and physical condition.

Owner/Payor's Signature ✓ Date

(DAY MO YEAR)

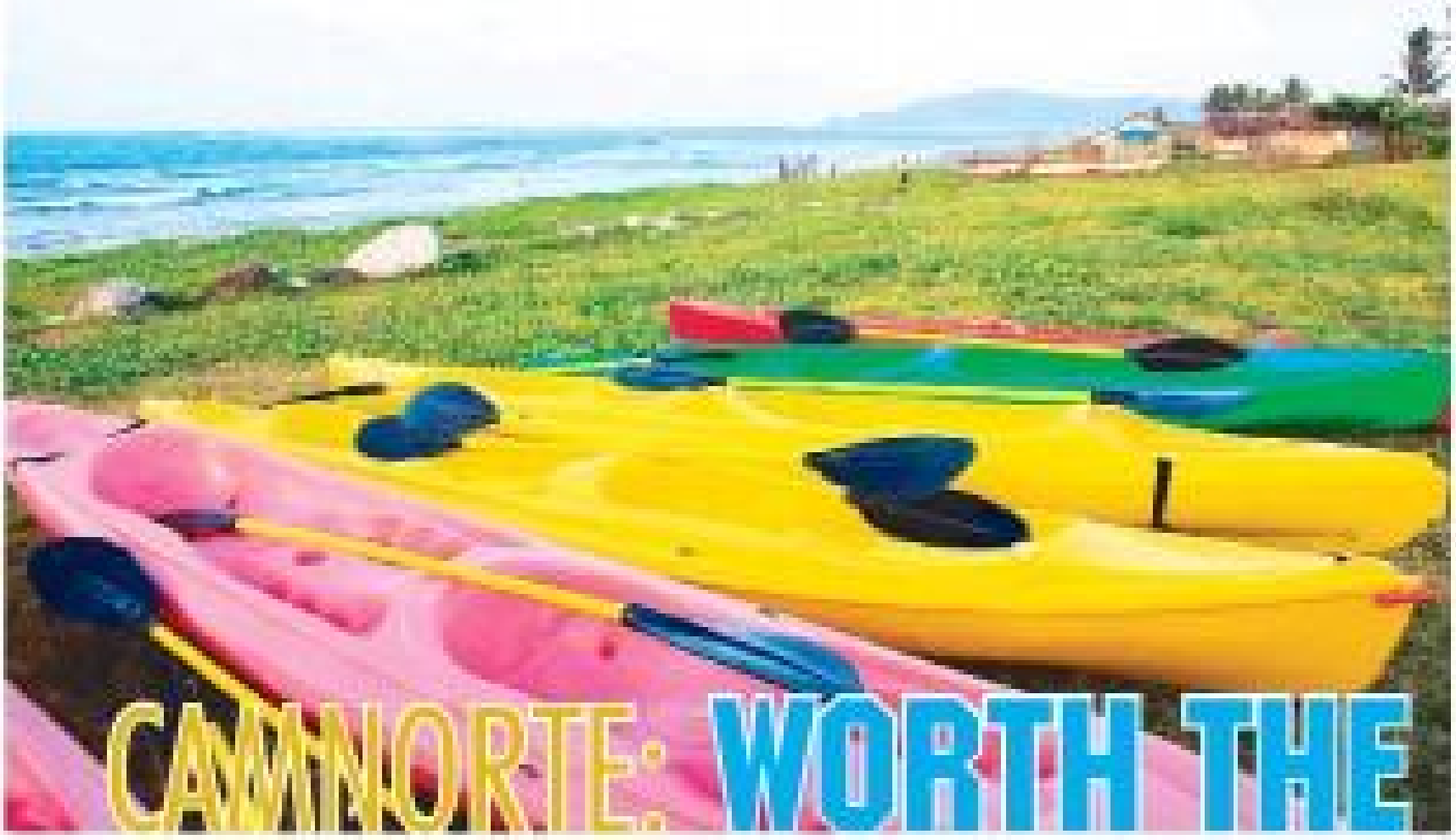
If the Owner/Payor is not the natural parent of the Scholar/Insured, please ask parent/guardian to sign in the space below.

Parent/Guardian's Printed Name & Signature ✓ Date

(DAY MO YEAR)

Our completed form and send to:
Direct Marketing, Philippine Prudential
P.O. Box 1177 QCCPO

Kayaks are another popular way to explore the Bicol region's waterfalls and rivers.



CAMNORTE: WORTH THE

Text and photos by Izah Moreno

TIRED OF VISITING THE SAME PLACES OVER AND OVER AGAIN! IN THE 7,107 ISLANDS of the Philippines, you will never run out of new places to discover and experience. Spice up your summer. Take a different route and go on an 8-hour road trip to Camarines Norte, the gateway to the Bicol Region.

Camnorte is home to authentic adventures. Be it camping under the stars or dancing with the waves on top of a surfboard, Camnorte has it.

Calaguas and Bagasbas made Camnorte popular both to campers and to surfers. Campers first celebrate at the long stretch of Mahabang Buhangin Beach on Calaguas, while surfers enjoy the rapid yet strong waves of Bagasbas.

But there's more to Camnorte than the famed Bagasbas and Calaguas trips. Here are activities beyond the usual:

Rappel under the natural shower at Maisog Falls. Most waterfalls require long treks but not to the tranquil village of Maisog in Labo. A 10-minute walk from the Manila-Bicol South-road highway gave me a refreshing sight: a two-tiered waterfalls flowing through lgorrote rocks. The Maisog Falls has been a playground for kids and an aid to residents who wash their clothes in the nearby stream. Kids enjoy climbing a big boulder then plunging into the water on the first tier of the falls. The water's deeper on this side, which makes it perfect for swimming.

Camnorte Provincial Tourism Officer Jamal Delver Inventura said that Maisog Falls is one of the areas that they're trying to develop as a tourist destination of the province.

Ride the waves at Bagasbas Beach. Balancing on top of a surfboard can be fun but if you want to get a thrill on surfing, try kayak surfing at the Bagasbas beach in Mercedes. Bagasbas faces the Pacific Ocean – no wonder the waves can give a thrilling ride to surfers. First-timers shouldn't have a hard time riding a modern kayak with one of the trained local kayakers who can teach them how to paddle for P500/hour.

Mercedes Tourism Operations officer Celso Rocco said that the once lonely Bagasbas Beach became lively once kayaking was introduced to their town last year. The serendipity of Mercedes together with the Philippine Kayaking Association held the kayaking competition during the Kadagatan Festival in August 2011. The festival runs every last week of August.

Kayak soaking is best done when the sun is about to sleep. Instead of the usual Manaoag Church of Bagasbas is our picture perfect scene.

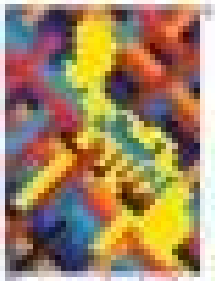
Rappel under the natural shower at Maisog Falls.

Rappel under the natural water spa at Maisog Falls.

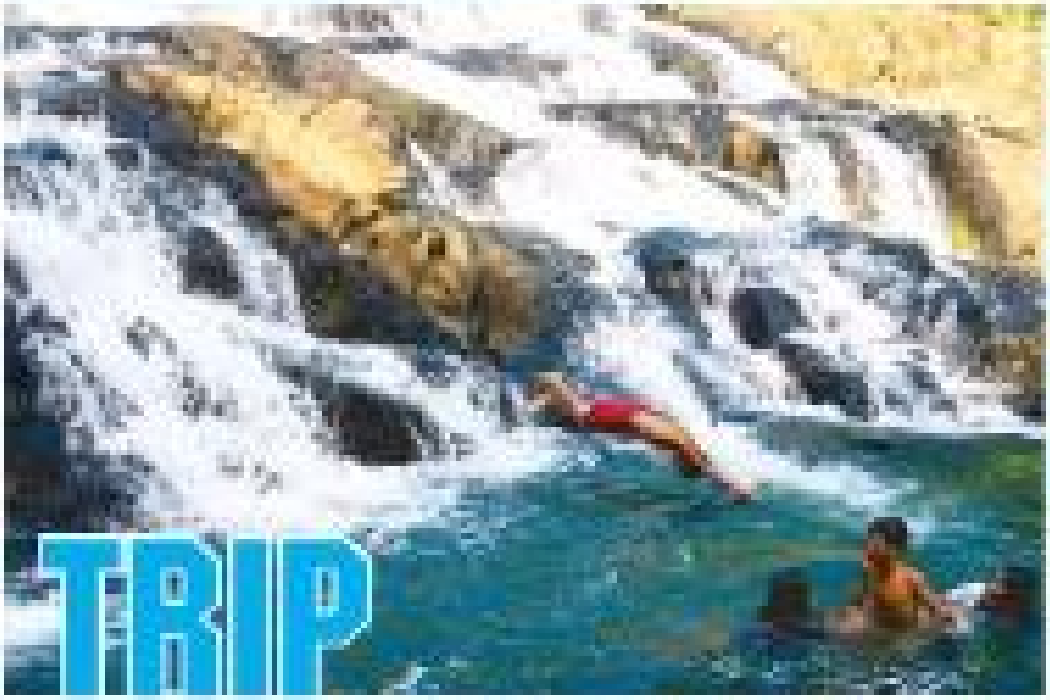
Responsible for the natural water spa at Maisog Falls. Twenty minutes away from Daet is the quiet town of San Lorenzo Ruiz, where a community called Maisog-Sog lies. The Maisog-Sog River is a great escape for weekend picnics with family and friends.

As soon as the vehicle is parked, my companions and I made our way down a steep stairway to the river. I dipped my feet first and the cold water sent chills up my spine.











My companions began wilting by the huge but smooth boulders. Rico encouraged me to experience it myself.

The water pouring through the boulders was like a massage on our exhausted backs. It was indeed a treat. Picnic huts can be rented for P300.

Take home hand-woven pina cloth (Piña) souvenirs. Before heading back home, visit the Lake Pagsanjan Multi-purpose Cooperative in Lake, where you can get a glimpse of the workers' pina-making process. It's interesting to note that each fiber was hand-scraped out of the leaves of the Piña Pineapple and was tied one by one by gal weavers. Weaving the fibers together through the loom requires skill and patience. The weavers, mostly housewives in the town, underwent training under the Department of Science and Technology for months. Because of the extensive labor and skill that it requires, a hanging could cost around P4,000.

When you go beyond the normal route, you realize that travel is more than sightseeing. It is putting oneself in the shoes of a local and experiencing the place in a new light. Despite being 90 kilometers away from Manila, Calamba is worth a visit.

Page 4 to please

Staying Sane...

ONE BREATH AT A TIME

By Iris Gonzales

IT'S AMAZING HOW ONE DEEP BREATH CAN MAKE A HUGE DIFFERENCE

We are often told to take a breather when the going gets too rough or when the world gets too chaotic. We hear it so often it sometimes loses its meaning.

But according to Switzerland-based psychotherapists Matthias Wikard and Sarah Maria, managing stress is important and deep breathing is one effective technique.

In a three-day stress and trauma workshop for conflict journalists who have either experienced traumatic stress, "Breaking" as have covered it, the two experts helped participants cope or break with their experiences.

Organized by the Rory and Conflict Journalism Network (Reporters and the GIZ (International Institute for Journalism), the workshop, held in early March, provided different techniques and stress management tips which journalists or people who have experienced conflict can apply in stressful assignments or stressful workdays.

Wikard said it is important to have a safe place where one could be fully relaxed and feel safe from the chaos.

That safe place can be the arms of one's loved one. It can also be in the comfort of one's home.

TRAUMA ACUPUNCTURE

Another method is trauma-acupuncture.

Developed in the 1970s in the United States, trauma acupuncture is also known as the NADA protocol.

Mirza said trauma acupuncture is a useful way of relief.

According to the website, acupuncture is a selection of ear points proved to be extremely effective in the treatment of addictions.

According to the website, NADA — which is short for "not drug" — is also the safe, simple, effective treatment for the National Acupuncture Detoxification Association.

NADA was founded in 1985 by Michael Smith, a New York-based doctor, and other doctors who were interested in promoting the integration of the protocol in the treatment of addiction.

"The NADA protocol as it exists today consists of the insertion of small, stainless-steel, disposable acupuncture needles into five points on the outer portion of a person's ear. The points used in the NADA protocol are sympathetic, Shen Men, Kidney, Liver, and Lung," the website said.

Mirza, for her part, conducted sessions during the workshop on all journalist participants, which included putting needles on one ear for between 30 minutes and 45 minutes.

The treatment was given to participants while they lay on their respective beds in their rooms.

With just five needles, trauma acupuncture focuses on points that make a person calm and relaxed — two important points in managing stress.

"It has a calming effect," said Mirza, a doctor who practices both traditional and alternative medicine including trauma acupuncture.

BREATHE IN, BREATHE OUT

Another effective stress management technique is doing deep breathing exercises, which Wikard said is very effective.

He said it would seem that breathing is so very unchaotic but the proper way to do it is deep breathing, including deep through the nose and not through the mouth.

"An example for a very simple but highly effective breathing technique: Breathe in slowly through your nose for a count of three and then breathe out for a count of seven. Pause for one or two counts and start the process. "Deep breathing techniques can definitely help to reduce stress levels," Wikard said.

THINK POSITIVE

Another effective method is to think positive, Wikard said.

"Recognize that thinking is a tool you have. It is not who you are. What you are is much more powerful than the thoughts you have and mere words are inadequate to describe your true essence," he said.

He said one way to change the way one thinks is to take five minutes every day to observe one's positive habits.

SELF-CARE

Wikard said it is also important to take enough rest to reduce stress in one's life.

"Just like your car needs good fuel, you need good food for your body to run properly. Just like your car needs regular maintenance, your body needs exercise to maintain it in good working shape. If you or



Useful culinary info



Lydia D. Castillo

In My Basket

We are lucky that we bought a book that enlightens us about a lot of useful culinary information and definitions.

Oftentimes, when going through recipes, home cooks encounter terms that are unfamiliar. Likewise, diners in restaurants can sometimes confronted by foreign terms with no English translations. Weights and measures may also be confusing at times. We were at a bit of a loss one day when a recipe called for something as basic as two litres of water, and we heard ourselves ordering in our cooking "Mikki" to get the exact equivalent of that liquid in cups. Rubbing being very precise measurements can become confusing. Oven temperatures is another thing. Sometimes the recipe only states either Fahrenheit or Centigrade. We are lucky that we bought a book that enlightens us about a lot of useful culinary information and definitions.

So here goes. US measurements and equivalents — pinch or dash is one-sixteenth teaspoon; one teaspoon is one-third tablespoon, or one half fluid ounce; 1 cup is 16 tablespoons or half a pint and 8 fluid ounces; 1 pint is two cups or 16 fluid ounces; 1 quart is 2 pints or 4 cups, or 32 fluid ounces; 1 pack is 8 quarts; 1 bushel is 4 pecks. In calibration (cal) — 1 teaspoon is 5 cal; 1 tablespoon is 15 cal; 1 cup is 237 cal; 4 cups is one quart and 4 quarts make 1 gallon.

On calories – Reduced calorie means it has at least 25 percent less calories than in the product's regular form. Low is 40 percent less or 94 less per gram or cup. Calorie-free has actually less than 5 calories per serving. Lite or light is one third fewer calories or 50 percent less fat per serving. Note that half of the calories in food come from fat. Cholesterol – reduced means 25 percent less cholesterol and 2 gms or less saturated fat than reg else serving; low is 20 milligrams less cholesterol and (we bet) 5 milligrams of cholesterol and 2 gms or less saturated fat.

Cooking terms – to braise is to cook meat or vegetables by browning them first in fat, and with a small amount of liquid, then placing them in a tightly covered pot to slow cook, thus sealing in the flavors and tenderizing the more ingredients. Just got to check the food before serving to find out if seasoning is sufficient. Add cooked, mostly boiled to mix, mash and puree vegetables, prevent food from being raised and discolored. They contain Vitamins C and E and contribute to preventing cancer and heart disease.

Antipasto, Italian for "before the meal," is not a pasta dish, but a selection of appetizers that may include cheese, cured meats, cooked fish, marinated vegetables and olives. In other words, starters. Izakayas is much like our tapsihan to our Asian neighbors. This is made of shrimps, sardines and other small fish, allowed to ferment under the sun and when done, smells a smell that can repel some foreigners. Galangal is a root crop akin to ginger, but a bit stronger. This is rarely available in our markets.

Bolero, in Australia, refers to the main course. In Europe, this is served between rich and sweet courses during formal dinners. In Australia it is the first course or appetizer. In Spain they are called entremeses – appetizers. If you find the word groundnut in a recipe, do not be alarmed, that is nothing but peanuts. They are called such because in some cases the plant bends down to bury the nuts after flowering. Sour cream is very easy to make and you don't have to buy it. Simply mix the juice of calamansi with milk, allowing it to develop into a pasty consistency. When using coldpack, you need to finish the pot with curd, which is called whole fat around the kidneys and loins of cows, sheep and other animals. British chefs use this for puddings, puddings, chilling and accompaniments.

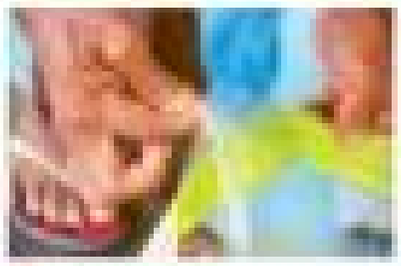
Now let's go Japanese. Agar is freshly brewed tea. Dashi is a mix of dried bonito flakes and seaweed, which gives any dish, especially soups, a distinctly delicious flavor. But is yet low fat whole wheat or yellow (as here, flavored) is the young tofu, ideal for sushi and sukiyaki. Dofuru is whole cuttle which can be dried and serve with soy sauce, as we do at home. Cornish is rare also be added to tempura sauce, supposedly to aid in digestion. Abrite is a Japanese cooking wine that imparts a sweet tab flavor to a dish.

Of course, learning basic exposed to a lot of Japanese cuisine sets in the country, we are all familiar with terms, ingredients, utensils, and and grades. A lot of housewives have actually become very adept at grilling meat, seafood, and veg stables Japanese style, and at making soy sauce with utensils.

Even the young ones have taken a fancy to this cuisine. Japanese food is essentially light and easy on the tummy.

Have a good cooking history!

E-mail comments and questions to clcastillo1119@yahoo.com.ph



Concerts...
From page 11

How to get there:

By Land: Take a bus bound for Dark Room in either Pasay, Roxas Blvd., you can hire a tricycle or jeepney ride to Mercedes, Cubao, or San Lorenzo Ruiz or take a jeepney at the kiosk sts.

By Air: Take a plane to Naga. Once in a hire land van ride away.



Follow the author on http://www.tripadvisor.com/

ally want to reduce your stress, take a good look at your lifestyle because these are things within your control," Wood said.

LIVE AS IF IT IS YOUR LAST DAY

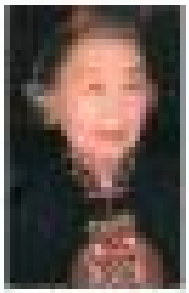
Another important technique to deal with life's heartaches and headaches is to live life to the fullest.

Wood said it is important to live each day by giving one's best and not holding anything back. This relieves stress and helps one feel positive about one's life.

Other exercises include doing meditation, taking yoga classes or engaging in physical activities such as swimming or running.

These techniques may seem common and basic knowledge but are often neglected by many.

Indeed, it's a chaotic world out there and sometimes, the one to survive, all it takes to just see beauty.



ROSALINDA L. ORDEN

Table Talk

Cebu-Chile Ties Strengthened



At the ceremonial exchange of the Santo Niño of Cebu and the Niño Jesus of Malloco, Chile blessed by the Apostolic Nuncio Giorgio Bregantini, dean of the diplomatic corps Migs. Ian Scapolo, Archbishop Emeritus Cardinal Ricardo Vidal of Cebu, Governor Gwendolyn Garcia of Cebu with Madrid the business delegation from Cebu and Ambassador Ma. Consuelo Royal Reyes of Chile (extreme right) who arranged all the activities undertaken

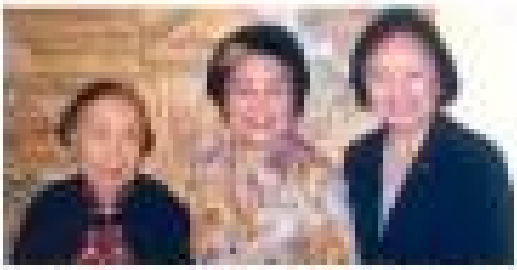


The signing of the Trade Agreement between the National Chamber of Commerce of Chile headed by Dr. G. Joaquin Brito and the President of the Chamber of Commerce of Cebu, Ms. Samuel Chiquito

The Philippine Embassy in Santiago, Chile, headed by Ambassador Ma. Consuelo Royal Reyes, reported to the Department of Foreign Affairs in Manila that it had fully realized a 25-member Cebu Trade Mission to Chile, thus strengthening Phil-Chile economic and cultural relations.

Further, the Philippine embassy in Chile had ensured the Trade Mission's fruitful visit by initiating various activities of mutual political, economic and cultural interest to both countries.

Aware of the common cultural heritage shared by the Philippines and Chile, the Trade Mission arranged the "exchange of the Sto. Niño of Cebu and the Divino Niño de Malloco" which was officiated by Papal Nuncio Ivo Scapolo at the Apostolic Nunciature in Santiago.



Members (second from) Cebu Commercial Bank Inc. Chairman Chuckie Angeles Jr. accord Ambassador to Chile Ma. Consuelo Royal Reyes (center) a cultural show at the Da Ana Room during the Ambassador's farewell dinner during her visitation. At left is the author.



The signing of the sister-city relationship between Cebu and Valparaiso signed by Governor of Cebu Gwendolyn Garcia and the "Intendente" of Valparaiso Raul Celis Madrid in the presence of Ambassador Ma. Consuelo Royal Reyes (center) and other officials.



Seated, from left: Alice Briones, Milagros Alonda, Lolit Sumpton, Nelly Antigua and Ige Lopez. Standing: Baptist Perry, Linda Miranda, Rhoda Bautista, Bella Ramirez, Lucy Fernando, Betty Alvendia, Alice Reyes and Bella Ramirez.

Bel-Air Village Gathering

A group of friends and neighbors in Bel-Air Village, Makati, led by their Barangay Captain Nene Lichauco, had a lively get-together at the residence of Alice R. Briones. A sumptuous dinner was served by another Bel-Air resident, Leida Flores, of the Buena Cocina Restaurant.

Spirited discussions on common Village concerns and projects, led by Alice Briones, lasted through the night.



Seated: Betty de Jesus, Alice Briones, Nene Lichauco and Chichi Lagman. Standing: Ana Laygo, Rhea del Rio and Cynthia de Guzman.

MUSIC

SIDDHARTHA – A MUSICAL JOURNEY TO ENLIGHTENMENT
April 29, 3 pm & 7:30 pm at the School of Design and Arts Theater of De La Salle College of Saint Benilde. Presented in celebration of Buddha's birthday (on 5/5/12). Manila (Pre-Dawn Nine Maitreya Temple) and Buddha's Light International Association in cooperation with DLS-CSB.

CONCERT AT THE PARK
April 29-Manila night featuring Asianida Orbit and The Ateneo Lights. Rites in the Philippine Air Force band. Showers at 6 pm. Free admission. Rizal Park, Luneta, Manila. ☎ 302 1014.

PECC PARK PRESENTS
The UST Acteon Singers Alumni Ensemble with conductor Jojo de Guzman and the Metro Ateneo Angkatan Ensemble with conductor Leon Consuegra on May 4, 6 pm. Free admission. Plaza Rizalina, Manila.

ROBERT DELGADO CHORAL FESTIVAL
13 of the country's top choruses perform works of renowned choral arranger Robert Delgado on May 5, 7:30 pm at the Philsonite Auditorium (UN Ave., Manila) ☎ 596 0808

ARPIE AND THE MULTIVITAMINS
Every Friday (until May 25) at 9 pm at Gastronomy Bar, InterContinental Hotel Makati. ☎ 750 7000

VISUAL ARTS

CULTURAL CENTER OF THE PHILS
Art Auction. Exhibitions of fine prints by PAP members and other local printmakers until May 3 at Pasaya Manansala. *Flame of Mind*. Featuring works of the members of Central Club of the Philippines at Fabian Manansala until June 2. Winning entries of the on-the-spot photo competition held at Pico de Loro Cove (Nasugbu, Batangas) ☎ 832 1125.

UP VARGAS MUSEUM
4&2. The parallel (here) museum featuring Alice and Lucinda until May 2. Bored Nowhere's comics workshop on May 9 to 12 and May 16 to 19. (UP Diliman, QC) ☎ 981 8500

THE MUSEUM AT DLSU
Visual Perspective: Art Explorations for Liquidity Alleviation, in conjunction with the 7th DLSU Arts Congress featuring works of faculty members and other academic personnel from DLS-Canlubang, DLS-College of Saint Benilde, DLS-Laguna, DLS-Santiago Zobel, and DLSU until May 5.

BENCAB MUSEUM
Inside Out by Marina Cruz at Gallery Indigo. *Everyday Objects*: The making and embedding of religious motifs on art at the Print Gallery. Until June 17. (Km 6 Asin Road, Tuba, Baguio City) ☎ (074) 442 7166

GALERIE ANNA
Making Truth: M. Arrago, T. Dante, K. Dante, R. Cubillas, P. Rodriguez and C. Tuazon anchors the Human Flesh until April 30. *Tatak Celebration of Filipino visual artistry and talent through the works of* M. Alvarado, F. Cabral, R. Galicano, B. Hamalian, J. Illay, B. Isidro, R. Lahaylay, N. Mendoza and L. Ymasaki (until May 13. SM Megamall, Mandaluyong) ☎ 478 2041



Work of the photo at Power of Mind exhibit at the CCP

MIRIYAN ARTSPACE
Tagpuan: Ten Related works of CCP Thirteen Artists Awardees. *Construction* by the Institute Brothers, *Abrazo* by Jeremie Real and Nepie Singh, *Dos Ser Dos* by Elmer Rosales, *A Body Changes Everything* by Elizabeth Lalanga, *Dos Pis sa Aves* by Eleanor Vida. *Engkwentro* by new artists. Until April 30. (2452 1st Ave., Villa Salangan Subd., Sta. Cruz, Laguna) ☎ 0927 501 0801

ATENEO ART GALLERY
Tanchuan by Mark Rabadon until April 30 (ADMU, Katipunan Ave., QC) ☎ 426 6059

ALLIANCE FRANCAISE DE MANILLE
When the Earth Dreamed of Water by Rose Bolongaro and Piet Bolgado at the Yabo Gallery until May 3. (2004 N. Garnet St., Bo. Ula 2, Makati) ☎ 895 7985

BLANC GALLERY
Dust in the Room by Mike Tacoze until May 5. (Crown Tower, 107 HV dela Costa St., Salcedo Vill., Makati)

WEST GALLERY
Dishin Mona Lisa by Anne Calagang and *Escape* by Sarah Centellas at Gallery 1. *It's More Fun in the Philippines* by Romeo Lee at Gallery 2. Eero Ruyssenaars presents a series of images that signify the weaving of dreams into movements of anxious dissolve at the Gallery 4. All until May 14. (Bldg. Instrol, Arnaiz, 845 Pant Ave., QC) ☎ 411 6008

GALERIA DE LAS ISLAS
Ilang. Interpretations of Filipino superstitions as graffiti art, illustrations or pop culture by Elle, Ruan Ramos, Marcus Black, Anna Domingo, Jay Jamorabo, Marwan Marcelo, Jo Ocampo, Lee Salvador and Ras Cruz. Until May 19 (Nielles Center, 774 Emilona St., Intramuros, Manila) ☎ 527 2113

GALERIE HENI DRUMANN
Self Life, Self Lives: D. Dee, O Galvezoon, Yuga, E Dimalen, P Zabaleta, A. Antonio, R. Aeroguerra, F Cacnio, T Dacpano, H Dilo and J Lindo-Kuiz are our believe pare decorative art and problematic designs of social commentary. Until May 31. (Greenbelt 5, Legaspi St., Legaspi Vill., Makati) ☎ 728 2178

PHL-KOREA ART EXCHANGE
A Season of Metaphors. Featuring F

Next page, please

Answer to last week's Spot the Changes



Buenaventura, R. Santos and M. Jacinto at the AAP. A. Santiago, M. Santiago, M. Muñoz, E. Martinez, J. Ubaldez Hoco, E. Guerrero, C. Garcia, D. Bernardo-Dolmegado, Hsiung-pao Kung and Honorata Jiang as well as the B.Bautil, a member of the Taiwanese Artists Organization. Runs until May 31. Mezzanine Corporate Center, 32nd St., Bonifacio Global City, Taguig. // 580.0711

FOOD



Cocktails Audio available on Discovery Suites.

EDSA SHANGRI-LA

World pizza champion guest chef Chiara Teddanzo will dazzle everyone with her acrobatic take on pizza preparation on April 28 at Hoad Road. Delight as she masterfully tosses and twirls pizza dough and creates other Italian favorites. (Garden Wing, Ortigas Center, Mandaluyong) // 633.8388

CULINARY INSTITUTE OF ARISTOCRAT

Cooking demonstrations at Mall and Restaurant branches, May 9 (Jaime S. Jaguna, May 12 (Ayala Alabang), May 19 (Jaime S. Jaguna, Mall of Asia), May 26 (Jaime S. Jaguna, Mall of Asia) and June 2 (North EDSA). // 526.7071

DISCOVERY SUITES

Cachinillo Boards. Wine-infused sashimi pig, lightly cooked to a crisp. Tweak perfection in the new delicacy served at 22 Perea Road. Reward with sautéed corn & garlic mashed potatoes, spring asparagus and homemade peach chutney. Invitation friendly-shared Spanish picks & pinxtos on crisp and a sampler of desserts. (25 ADB Ave., Ortigas Center, Pasig) // 719.6333

DIAMOND HOTEL

Homemade Ice Cream to addition to the delightful lineup of pastries and desserts.

sauce on assortment of flavors — apple Dalgonona iced beans), black sesame and gammalina (grass tea with roasted brown rice) to seasonal and tropical varieties like melon, coconut, palm sugar and taro and pistachio. Also available are the hotel's signature sweets like supersized chocolate cake and baked cheesecake, plus apple pie and mixed fruits. Available on the promotional rate are the newly opened The Cake Club (Bonifacio High Street, 7th Ave., Bonifacio Global City, Taguig), Breeze Blvd. cor. Dr. Garcia St., Alabang // 556.3000

DUNIT THAI MANILA

Birthday Blowout! Dine at Dunit on your actual birthday and get a discount equivalent to your age off the total food bill. The special discount may be extended up to a maximum of 3 guests seating the hotel's and dinner buffet. Make a reservation in advance and present a valid ID with a date of birth. Promo ends June 30. (Makati) // 290.8080

MISCELLANY

ENGLISH DHARMA TALK

By Dr. Michael Tan on April 29, 10-11:30 am at UP Filipino Lesbian Hall of Fu Dawang Shan Mabohay Temple (800 P. Ocampo St., Manila, Manila) // 523-4800 or fpphilippines@gmail.com

RIPPLES BOOKSTORE SEMINARS

Meeting An Wealth and Spirituality by Ketchan Rathesan on April 29, 5:30 pm. Attracting Abundance by Nida Agalot on May 5, 1 pm. (Robinsons Galleria, Ortigas) // 340.1214

UNESCO-APNIEVE 11TH GENERAL MEMBERSHIP ASSEMBLY

Theme: "Assisting and Learning Nations in a Globalized World on May 4 and 5 at Miriam College, Quezon City. Fee is P1,700 which covers membership, a notebook, meals and snacks, conference kit and certificate of participation. For more details, please contact Ms. Caroline Jaleco, APNIEVE Philippines Treasurer at carolinejaleco@gmail.com or call Elaine at 332.1582, 0927.369.6907.

BSAPI 2013 NATIONAL BONSAI &

SUISEKI SHOW AND COMPETITION

May 3 to 14 at the Rizalle Garden Quezon Memorial Circle, Quezon City). An array of ornamental and tropical plants, bonsai, suiseki and many more will be on sale. Seminar on bonsai branching techniques by Li Tiang Hong (May 5), bonsai demo and workshop/styling demo and lecture by Robert Rovero (May 6), bonsai tsunagi by Al Villareal and bonsai challenge by Albert Bonsai Clubs (May 7), zen garden by Vic de Rivera (May 8), indoor and vertical landscaping (May 9), and ornamental bonsai (May 12) by Mel Mabilia. Join all genuine ways to plant variety development by Fernando Aviegue (May 11), garden on selection & appreciation of suiseki by Elmer Villareal (May 12).

AUTHOR AT ONCE

Learn practical secrets of the publishing business with Mina Esguerra on May 5 at Crowne Portuguese Pavilion Residence (Eastwood City, QC). // 909.7764 or write to ecology.ph@hotmail.com

PHL NATIONAL FIREWORKS FESTIVAL

Final competition on May 5 at 8 pm at the Aboitizland Center Amphitheater (Mandaluyong).

JEHOVAH'S SPECIAL ASSEMBLY DAY

For Jehovah's Witnesses at Candle Circuit #3 on May 5 at Philippine National Hi-Gymnasium (Philippine Road, Dasmariñas, Cavite). Open to the public. // (046) 971-6449

STRATEGIC MARKETING MANAGEMENT

May 17, 18, 9 am to 5 pm at University of Asia & the Pacific Campus (Pearl Drive, Ortigas Center, Pasig). Seminar speaker is Jose Ravanera. Registration deadline is on May 6. // 637.8012 or solely.seminars@uap.asia.

LANGUAGE CLASSES

Learn Japanese and Korean for kids and teens while having fun on May 7-10. Asian language extravaganza every Saturday (May 12 to July 14). Limited seats. To be held at the UP Department of Linguistics, UP Diliman (QC). Details at linguistics.upd.edu.ph

KIDZONE SUMMER LESSONS

Courses are Lego robotics (boys (May 14 - 16, 18), celebrities (April 30 to May 21), Hip Hop dance (April 30 to May 23), basic photography (May 7 to 11), piano lessons (May 2 to 29), basic cooking (May 1 to 31). To be held at Acacia Hotel (Fairview Corporate City, Marilao, Bulacan). // 120.2008

Spot the Changes

By Ana Guevarra

There are ten things in drawing B that are different from drawing A. How many can you find?

